

EDMONTON

metro

NEWS WORTH SHARING.

Cavern

10169 -104 Street

## Australia reeling after hostage siege

Gunman in deadly standoff had notorious past [PAGE 12](#)

## NEW GENERATION REDEFINING FEMINISM

HIGH-PROFILE FEMINISTS SUCH AS MALALA YOUSAFZAI ARE FIGHTING FOR WOMEN'S RIGHTS BEFORE THEY'VE BECOME WOMEN THEMSELVES [PAGE 14](#)



## FEATURED PROGRAM: HEALTH CARE AIDE

### Why Robertson College?

- ✓ Modern Health Care Aide training lab using Guldman lifts
- ✓ Hands on learning that prepares you for Alberta's job market
- ✓ Guaranteed Work Practicums
- ✓ Guaranteed Life Time Career Services & Employment Support



### Robertson College Health Care Aide Program

**ROBERTSON COLLEGE**

Tuition includes books & equipment. Why pay More?

# Wildrose to talk Tory merger, sources say

## Beginning of the end?

Party has seen hard times recently, losing four byelections to Jim Prentice's PCs

Sources have told The Canadian Press that Alberta's opposition Wildrose caucus is expected to meet Tuesday to discuss merging with Premier Jim Prentice's Progressive Conservatives.

One source says if merger talks fail, there may be four or more defections to the Tory team. The sources spoke on condition of anonymity.

Wildrose Leader Danielle Smith and house leader Rob Anderson could not be reached for comment late Monday.

Earlier Monday, Prentice was asked by reporters if he knew of any impending Wildrose floor crossings. He said there are "always discussions amongst people" that he is not a part of.

The Wildrose saw two MLAs quit to join Prentice three weeks ago.

Kerry Towle, the MLA for

Innisfail-Sylvan Lake, and Ian Donovan, the member for Little Bow, said they had grown disillusioned with the Wildrose and liked the direction of the province under Prentice.

Another Wildrose member, Joe Anglin, quit in early November ahead of a caucus vote to oust him for, among other things, secretly taping caucus meetings. Anglin has denied this and Smith has never provided evidence.

The three departures left the Wildrose with 14 members compared with 63 for the Tories. Shayne Saskiw, MLA for Lac La Biche-St. Paul-Two Hills, was widely speculated as one of the crossing MLAs, but he issued a statement on Facebook, denying the claims.

"I am committed to fighting for the constituents of Lac La Biche-St. Paul-Two Hills and to advocate for our priorities and for the needs of our communities. There is a rumour that I will be crossing the floor tomorrow. That rumour is false," the statement reads.

The party is rural-based, particularly in the south, with just two MLAs in Calgary and none in Edmonton.

## Wildrose woes

Last month, the party was sharply criticized for refusing to adopt into policy a resolution it passed last year to pledge its support for equal rights for all minority groups, including gays.

- The policy refusal reignited accusations from the 2012 election campaign that the party was intolerant and anti-gay.

A merger could mean the beginning of the end for the Wildrose, a right-centre party that gained strength and popularity against the centrist former Tory premier Alison Redford but has been struggling to find its identity against the like-minded Prentice.

The Wildrose has met hard times after it lost four byelections to Prentice on Oct. 27.

The party has been dropping in popular opinion polls and Smith has criticized the mainstream media for fostering a narrative of the Wildrose as an angry and divisive party.

THE CANADIAN PRESS



## EAKINS TAKES THE FALL

Edmonton Oilers general manager Craig MacTavish speaks to the media after the firing of head coach Dallas Eakins on Monday. The team has lost 15 of the last 16 games leading to the shakeup. Story, page 20. JASON FRANSON/THE CANADIAN PRESS

Atlas

Immunization Services

Phone 780.465.5150

www.atlasimmunization.com

Two locations in Edmonton to serve you better:  
South East: Suite 104, 7633-50 Street | Westend: 14712 Stony Plain Road

OFFERING NATIONAL & INTERNATIONAL TRAVEL VACCINES

Preparing you for a safe & healthy journey.

Great service . . . Knowledgeable Staff

Hepatitis A and B, Typhoid, Yellow Fever, Meningitis, Malaria, MMR, Polio.

DID YOU KNOW?

Travel immunizations are not covered by Alberta Health Care, they may be covered by Private health Plans.

# CELEBRATING 5 UNLIMITED YEARS IN CANADA



Thank you to all our 800,000 customers and 1,800 employees across Canada for helping us change the mobile phone landscape for the better. Together we're making Canada unlimited.





## Falling energy revenues

### Province imposes cost-saving measures

Alberta is imposing some cost-saving measures to help deal with sharply falling resource revenues.

Premier Jim Prentice announced Monday that government hiring will be restricted to critical or frontline positions. There will also be spending restrictions for goods and services and on discretionary items such as travel.

"We do not know how long this price trough is going to continue, but it may go far longer than has been expected," Prentice said Monday as the price of a barrel of oil closed at \$55.91 US.

"So our challenge is how do we weather this price trough," Prentice said the province could see a \$7 billion drop in resource revenue this year.

The cost-saving measures will also apply to Alberta Health Services, schools, universities, colleges and agencies.

Prentice has formed a special committee of cabinet ministers that he will lead to work on the government's upcoming budget.

He said the group will look at economic projections, capital and operating budgets, policy commitments and revenue forecasts. The committee will include Finance Minister Robin Campbell, Health Minister Stephen Mandel and the ministers of Municipal Affairs, Energy, Infrastructure and Jobs.

Prentice said last year the province received more than \$9 billion in resource royalties, which accounted for 21 per cent of its budget.

THE CANADIAN PRESS



EPS Staff Sgt. Shawna Grimes said the service's new Make Your Move campaign is designed to get people talking about sexual assault. Inset: One of the Make Your Move posters. LEAH HOLOIDAY/METRO; INSET: COURTESY EPS

# Police launch campaign to battle sexual assault

## Make Your Move. Poster designs meant to be edgy, require second look



LEAH HOLOIDAY  
leah.holoday@metronews.ca

The poster is a straightforward one: A woman stands with her arms crossed, but it's the message underneath that is meant to grab people's attention and make them take a second look.

The poster is just one of four designs that will be

featured at city's bars and on university campuses, encouraging people to stand up against sexual violence.

Edmonton Police Services' Sexual Assault Section Staff Sgt. Shawna Grimes said the Make Your Move campaign was inspired by a similar one launched in Montana by community groups.

"The message is simple," said Grimes. "Look out for each other and when you're out with friends make sure everyone gets home safe."

According to Grimes, the city has seen a rise in reported sexual assaults over the last year. In 2012, the EPS handled 337 cases, while seeing 355 re-

ported in 2013.

So far in 2014, EPS has handled 374 sexual assault cases.

Grimes said there's no one reason for the increase in sexual assault cases, but recent media attention for high-profile cases and the city's booming population could definitely impact the number of people reporting assaults.

As for the edgy, new campaign, Grimes said she hopes the posters will get more people talking.

"Holiday season is coming up so a lot of people are going to be off work or off school and socializing in bars, so it's a good time for that," she said. "Also, in the last month

## Community issue

Much like the awareness around drinking and driving, Grimes said sexual assault needs to become a community issue and a responsibility people take on to ensure their friends get home safe.

- The campaign kicked off Monday and will run through until Jan. 11 at 20 local bars in the city.

... we've seen a lot of public discussion and interest on this topic," she said.

1 NEWS

# OUR BEST PLAN EVER

## The Cross-Canada Plan \$44/month

- Unlimited Data
- Unlimited Canada & US Talk
- Unlimited Global Text
- International Calling from 1¢/min
- Voicemail+
- Credits to use your phone across Canada

OFFER ENDS SOON

Offer is valid as of November 2014 and are subject to change or cancellation without notice. All unlimited plan features are from anywhere on our network, otherwise long distance and roaming rates apply. The monthly service credits are applicable only for pay-per-use charges and monthly add-ons and are not valid toward your monthly plan fees (that is, the \$44/month plan fee), the cost of devices, or accessories. Any unused monthly credits will be forfeited and may not be carried over to the next month. The applied credits from this promotion may not be used toward the WIND Phone Protection Program. WIND may, from time to time, and without notice, determine that certain add-ons are not eligible for credits. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. Motorola is a registered trademark of Motorola Trademark Holdings, LLC. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile

# Edmonton hoping to give 104th more pedestrian feel

## Redevelopment plan.

Change intended to prepare for when LRT tracks run down the middle of busy corridor



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

New plans for 104th Avenue aim to make it a denser, much more pedestrian-friendly road, but those plans won't become reality for a long time.

The city has been holding public consultations on the corridor between 111th Street and 123rd Street for months and will unveil its proposed draft early next year.

The busy street will one day have LRT tracks running down the middle, and senior planner Travis Pawlyk said this plan is about getting ready for that eventuality.

"It's to create a built form around the people that are using the street, to have a higher level of pedestrian

## Quoted

**"It's a complete barrier. It's a 1960s-style thoroughfare that absolutely tears Oliver away from Queen Mary Park."**

Jarrett Campbell, president of the Oliver Community League, discussing 104th Avenue

comfort through the area," he said.

That could include wider sidewalks and more businesses built to the street while eliminating many of the surface parking lots. Pawlyk said they believe this is what the community is looking for.

"We will be seeking input to see if we got everything right," she said.

He said that, because the city doesn't own any land in the area, the changes will only happen as land owners want to redevelop their property.

Coun. Scott McKeen said he's glad the new plan is coming forward but the change in the area will come when the LRT comes through.

"The catalyst along there will be LRT," he said. "That will be a major catalyst for

change."

Jarrett Campbell, president of the Oliver Community League, said he would be happy to see something change on 104th Avenue.

"It's a complete barrier. It's a 1960s-style thoroughfare that absolutely tears Oliver away from Queen Mary Park," he said.

Campbell said he hopes the area will change but notes the city only recently approved the Molson Brewery site, which is a more-of-the-same suburban development.

"The plan they have put forward would be much, much preferable to what's there now, but that being said, it wasn't that long ago they had a chance to put forward this vision and folded."



Currently, 104th Avenue is a busy corridor headed out of downtown, but the city is hoping to make it a more pedestrian-friendly area. RYAN TUMILTY/METRO

# Police comments inspire cyclist to raise funds



Cyclist Glenn Kubish "passed around the bike helmet" on social media following comments made by police officials questioning city council's funding priorities in the approved budgets. STEPHANIE DUBOIS/METRO

A group of local cyclists have turned what some considered negative comments into a positive thing for one local crisis intervention group.

Avid cyclist Glenn Kubish took to social media to spin things around after hearing the comments of Edmonton Police Association Sgt. Tony Simioni and Staff Sgt. Bill Clark. They spoke to media Friday morning about their disagreement with city council's decision to fund items such

as bike lanes and the High Level Bridge suicide barrier.

"We thought it was a good chance not to criticize but raise some awareness and money for folks who work in suicide prevention," said Kubish.

Police representatives told the media that funding is needed for police to help in answering emergency calls.

"Bottom line: we have several councillors out there that just don't get it. (Councillors) Gibbons,

Caterina, they get it. How you can justify \$8 million for bike lanes, \$3 million for a net on the High Level Bridge when you can look at the Groat Road Bridge and go jump off that bridge — are you kidding me? It is simply ridiculous," said Clark. "We're tired of it, and this council, provincial government, need to step up — but that should have been done years ago."

Since first hearing about the police comments, Kubish "passed around the

bike helmet" on social media and through word of mouth. He and local cyclists, with help from other Edmontonians, were able to raise \$1,540 as of Monday afternoon in support of the Support Network. Their goal is to raise \$2,000.

"I'm not criticizing those police officers; they serve our city and they're good police officers. I just saw it as a way to maybe turn those comments into something else," Kubish said.

STEPHANIE DUBOIS/METRO

## Survey

## Gay-straight alliances supported by most Catholics

New data shows 52 per cent of Albertans who identify as Catholics support gay-straight alliances (GSAs) in the province's schools.

The survey, conducted by Canadian market research

firm Leger, polled 1,002 Albertans, asking if respondents supported or opposed the idea of schools allowing GSAs in Alberta.

Approximately 18 per cent of Catholic respondents said they oppose GSAs in school, with 11.6 per cent indicating they strongly opposed the idea and 6.2 per cent somewhat opposed.

About 19.7 per cent of respondents neither supported

nor opposed the clubs, and 10.1 per cent had no opinion on the issue.

Earlier this month, the province announced it would put a pause on Bill 10, a new piece of legislation that would give the province's school boards the final say on GSAs in schools while offering students legal recourse to fight the decision.

Dr. Kris Wells, director of programs and services at the

Institute for Sexual Minorities Studies and Services at the University of Alberta, said this new data shows the need for the clubs in schools.

"When only 18 per cent of Catholics are opposed to gay-straight alliances, this is an indication of how far Albertans have moved on the LGBTQ issues and a stunning reflection on how far Alberta's elected officials have fallen behind their constituents,"

he said.

There are more than 90 GSAs in the province's public schools, while the province's Catholic school board authority said they support inclusion clubs that welcome all students rather than GSAs.

In a letter obtained by Metro, Alberta Catholic School Trustees' Association president Tony Sykora wrote to the province that Catholic boards

do not support singling out one group of students at the expense of other vulnerable groups.

"Let's be clear: Alberta Catholic schools provide inclusive, welcoming, safe and respectful learning environments for all students regardless of ethnic or religious backgrounds, abilities, social status or sexual orientation," Sykora wrote.

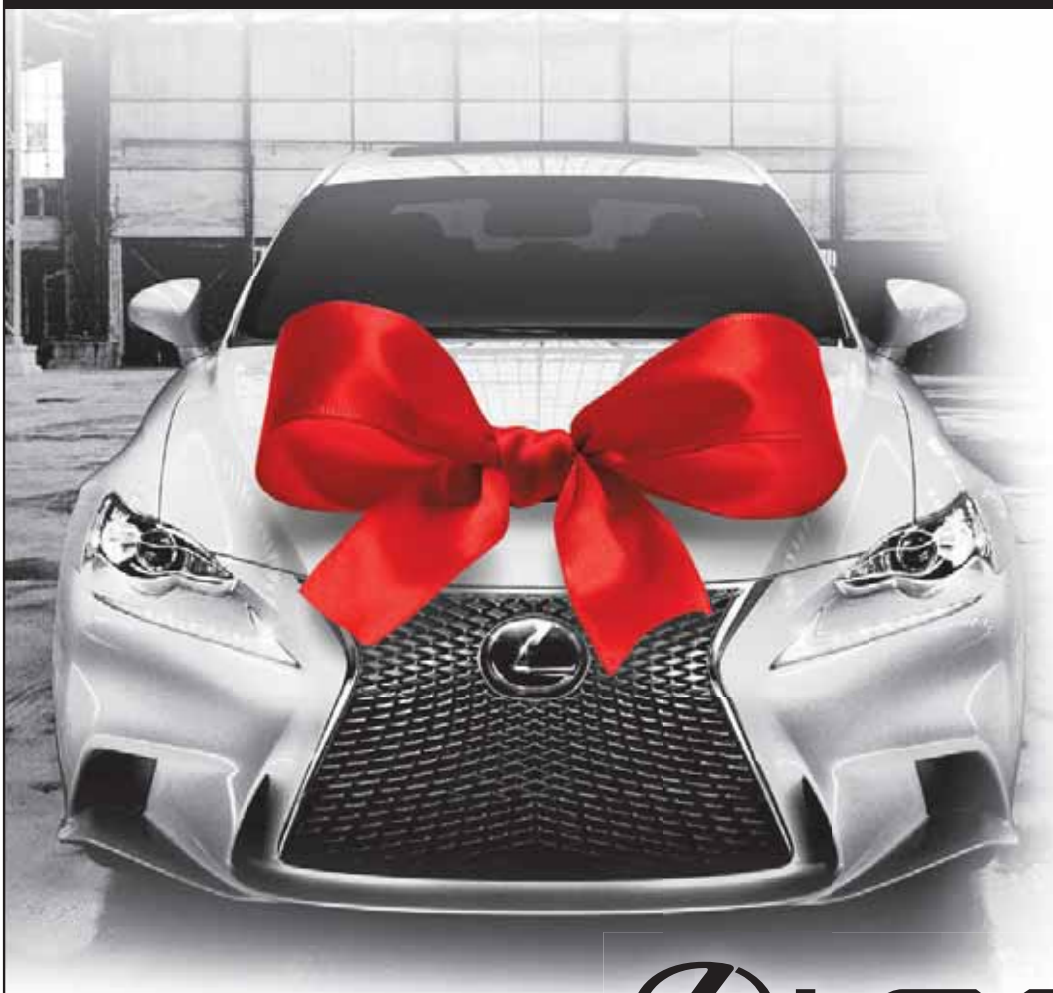
LEAH HOLOIDAY/METRO



# WINTER moments



AT THE NEW  **LEXUS SOUTH POINTE**



## COMPLIMENTARY

FIRST MONTHS PAYMENT

up to **\$1,250**

PLUS

RATES AS LOW AS

**0.9%**

PLUS

## NO CHARGE

SET OF WINTER TIRES

PLUS

## 5 YEAR NO CHARGE

OIL AND FILTER OFFER

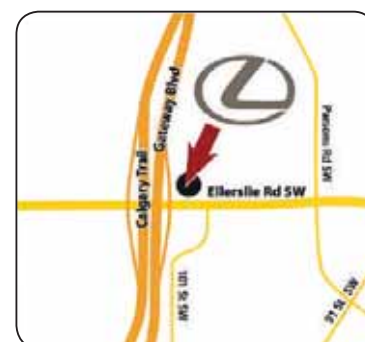
 **LEXUS**  
**SOUTH POINTE**

The pursuit of perfection

**780-989-2222**

[www.lexussp.com](http://www.lexussp.com)

On the corners of Ellerslie & Gateway Blvd. SW



Finance or lease Complimentary first payment will be waived up to a maximum of \$1250 inclusive of fees and taxes on either finance or lease transactions. After the first pmt lease and finance customers are required to make all remaining scheduled pmts over the remaining term. With purchase or lease of a new Lexus from Lexus South Pointe receive No Charge winter tires. 2015 NX & NXH, do not qualify for this offer. Every new vehicle purchased from Lexus South Pointe will be eligible for a no charge oil and filter offer as per Lexus Canada's Maintenance schedule. 0.9% Finance, OAC. Offers may not be combined with any other promotions.



Members of the Health Sciences Association protest in October during negotiations for a new deal. The deal was reached on Monday. METRO FILE

### Labour

## Pharmacists, paramedics, lab techs get new deal

Alberta's pharmacists, paramedics and lab workers will see raises over the

next three years after a new contract was announced Monday.

The Health Sciences Association of Alberta announced the deal with Alberta Health Services (AHS), which will see the workers receive a 4.25 per cent raise over the next three years, along with \$2,000 in lump-

sum payments.

In Year 1 workers will get a one per cent raise and \$1,000 bonus; in Year 2, a 1.25 per cent raise and another \$1,000 bonus; and in Year 3, a two per cent raise.

The union had previously complained to the government that politics had stalled renewal of the

agreement, which expired earlier this year.

In a statement, AHS said they were happy to have the negotiations behind them.

"We have a fair agreement that allows us all to focus on providing exceptional care to patients," said AHS president Vickie Kaminski. **METRO**

# U of A awaits decision on five submitted market modifiers

**Education.** Province only asked for three, but school felt justified in submitting two more because of large student body: Student rep



LEAH HOLOIDAY  
leah.holoiday@metronews.ca

Students studying rehabilitation medicine and economics at the University of Alberta could find themselves paying more if the province approves two applications for tuition-cap exemptions submitted by the institution.

Along with proposals for the U of A's faculty of law JD program, faculty of pharmacy's bachelor of science program, and the faculty of business's master of business administration program, the university opted to submit two more market-modifier proposals for the department of economics and the faculty of rehabilitation medicine's master of

### International students

Khinda said if the market modifiers are approved, international students will be hit hardest by the increases, since they pay almost three times more than domestic students for the same degree.

science in physical therapy program.

So while Alberta's Ministry of Innovation and Advanced Education asked post-secondary institutions to submit three market-modifier proposals, the U of A in fact submitted five — a move Students' Union vice-president Navneet Khinda said was made by former provost Carl Amrhein.

"That was a provost decision," said Khinda. "I'm not sure how the ministry will react to that. I'm not sure if they'll pick the top three."

Khinda said the reasoning behind the decision largely had to do with the size of the university.

"Their opinion was that

the U of A is a much larger institution, so compared to a smaller college, why should the institution get to submit the same amount of proposals when the student body is significantly larger," she said.

For the faculty of rehabilitation medicine's master of science in physical therapy program, the university has asked the government to modify the tuition by \$1,482.24 for a total cost of \$19,971.84 for the 26-month program.

The increase would help cover program costs, said a report from the university.

"The increase in funding would support student experiential learning, offsetting significant costs associated with clinical learning in the community, including lab co-ordinators, guest lecturers, teaching assistants and equipment purchases," it continued.

Unlike the four other applications, the department of economics is looking for a steady increase of \$150 per economics course, which would apply to all students.



Navneet Khinda, the University of Alberta Students' Union's VP external, says students are frustrated and disappointed with the institution and the way it has handled tuition and fees. METRO FILE

**Long & McQuade**  
MUSICAL INSTRUMENTS

SHOP ONLINE AT  
LONG-MCQUADE.COM

**Music**

#BestGiftEver

Shop **Canada's Music Store**  
Expert Staff · Best Prices · Huge Selection

10204 107 Ave | 13651 149 St NW | 9219 28 Ave NW | 10832 82 Ave NW  
780.423.4448 | 780.425.1400 | 780.432.0102 | 780.439.0007



## Privacy commissioner probing leak of MLA's cellphone bill

Alberta's privacy commissioner is investigating a government department for leaking a politician's cellphone bill.

Commission spokesman Scott Sibbald said Monday that the bill belonged to former cabinet minister Thomas Lukaszk.

It was leaked to the Edmonton Sun in August and showed that Lukaszk had rung up more than \$20,000 in international data roaming charges on a personal trip to



Thomas Lukaszk THE CANADIAN PRESS

Poland and Israel in 2012.

Lukaszk has said that another cabinet minister had called him in distress. The cabinet minister told him vio-

lence was involved and police were on the way, so Lukaszk stayed on the line with the person until officers came. The next day, Lukaszk — who was deputy premier at the time — contacted the premier's office, he said. After documents were transmitted and a video conference was held via cellphone, it was determined it was a personal matter involving the cabinet minister's sibling, and not work-related. **THE CANADIAN PRESS**





# CHRISTMAS COMES EARLY

## AT CANADA WIDE AUTO SALES!

OFFICIAL  
WESTEND  
**DROPOFF**  
LOCATION



**2012 DODGE  
JOURNEY SXT**  
STK. #12T3386

**\$14,988**



**2010 FORD ESCAPE  
XLT 4WD**  
STK. #10T1571A

**\$13,988**



**2013 CHR YSLER  
300**  
STK. #13B2389  
LEATHER, PANORAMIC SUNROOF

**\$19,988**



**2013 RAM 1500  
Q/C 4X4 S/T HEMI**  
STK. #13B6879

**\$22,988**



**DODGE CHARGER SE**

STK. #  
07T4712 **\$4,814**



**CHEVROLET MALIBU LS**

STK. #  
12T6102 **\$7,397**



**FORD F150 S/C 4X4 XLT**

STK. #  
07T9859 **\$7,595**



**JEEP COMPASS SPORT 4X4**

STK. #  
08T0784 **\$8,937**



**CHEVROLET SONIC LT**

STK. #  
12A6669 **\$9,612**



**FORD ESCAPE XLT**

STK. #  
11B8006 **\$11,740**



**JEEP COMMANDER LIMITED**

STK. #  
06B1782 **\$12,353**



**MAZDA 3 GS**

STK. #  
12A8407 **\$12,456**



**DODGE AVENGER SXT**

STK. #  
13B3618 **\$14,208**



**HYUNDAI SONATA GLS**

STK. #  
13B4824 **\$14,451**



**VOLKSWAGEN PASSAT  
TRENDLINE**

STK. #  
13B6673 **\$15,655**



**KIA OPTIMA LX**

STK. #  
13B2433 **\$16,267**



**MITSUBISHI OUTLANDER  
LS AWD**

STK. #  
11B4171 **\$16,890**



**SUZUKI GRAND VITARA JX  
AWD**

STK. #  
12B0576 **\$17,355**



**DODGE CHARGER**

STK. #  
13B8511 **\$18,205**



**DODGE GRAND CARAVAN**

STK. #  
14B7385 **\$19,602**



**NISSAN MAXIMA SV**

STK. #  
13A4099 **\$20,155**



**HYUNDAI GENESIS 3.8L**

STK. #  
13B9848 **\$22,797**



**CADILLAC CTS-4 AWD**

STK. #  
10B1052 **\$24,755**



**CHEVROLET CAMARO RS**

STK. #  
12T7213 **\$24,911**



**DODGE DURANGO SXT**

STK. #  
13T5366 **\$25,360**



**MERCEDES ML 320 BLUE TECH**

STK. #  
07B8850 **\$26,155**



**FORD MUSTANG PREMIUM  
CONVERTIBLE**

STK. #  
14A4886 **\$27,108**



**NISSAN PATHFINDER SV  
AWD**

STK. #  
14B2446 **\$28,155**



**RAM 1500 CREW 4X4  
SPORT**

STK. #  
12A9301 **\$29,332**



**CHRYSLER 300 SRT8**

STK. #  
12B0533 **\$30,666**



**GMC YUKON SLE AWD**

STK. #  
13B2800 **\$30,876**



**RAM 1500 CREW LARAMIE  
RAM BOX**

STK. #  
11A3945 **\$31,450**



**GMC ACADIA SLE**

STK. #  
14B2330 **\$32,655**



**JAGUAR XF PREMIUM**

STK. #  
11B8634 **\$33,655**



**RAM 1500 CREW 4X4  
LARAMIE**

STK. #  
12A9432 **\$34,512**



**RANGE ROVER HSE SPORT**

STK. #  
08B0683 **\$36,655**



**JEEP GRAND CHEROKEE  
LTD**

STK. #  
14B8852 **\$38,472**



**RAM 1500 CREW 4X4  
SPORT**

STK. #  
14B6114 **\$40,679**



**CADILLAC ESCALADE  
PLATINUM EDITION**

STK. #  
10B4366 **\$42,982**



VISIT US ONLINE 24/7 AT [WWW.CWAS.CA](http://WWW.CWAS.CA)

LOCAL 780.483.7516  
10212-178 Street

MONDAY - FRIDAY 9-9,  
SATURDAY 9-6, SUNDAY 11-5

• TOLL FREE 1.866.310.5751

AT THE TIME OF PRINT ALL UNITS WERE IN STOCK. DUE TO TIMING UNITS MAY HAVE SOLD BY THE TIME ADVERTISEMENT CAME OUT. PLEASE VERIFY WITH DEALER. IN EVENT OF UNIT HAS BEEN SOLD CANADA WIDE AUTO SALES WILL TRY TO REPLACE WITH SIMILAR UNIT. PRICING MAY VARY. PLEASE SEE DEALER FOR DETAILS. C.O.B. PAYMENTS BASED ON 4.99% FIXED RATE O.A.C. E.G. SELLING PRICE \$11,988 PLUS 5% GST = \$12,587.40 DOWN TERM OF STRAIGHT 60 MONTHS COST OF BORROWING FOR FULL TERM WILL BE \$1,665.35 FOR A TOTAL REPAYMENT OF \$14,252.40. PAYMENT WILL BE \$36.50 EVERY WEEK. MAXIMUM TERMS ALLOWED IS 96 MONTHS. HOWEVER CLIENT MUST QUALIFY. MUST QUALIFY THROUGH PRIME BANK O.A.C. 0% financing is for the first 12 months of the loan. E.g. \$20,000 selling price plus GST makes total amount to finance \$21,000. After 12 months, client must refinance rate determined by lender. Balance owing \$18,286. Poster pro giveaway on september 20/2014. one entry per vehicle purchase. Draw for \$10,000 Cash Giveaway will take place at 2pm on Saturday, December 20th, 2014 at Canada Wide Auto Sales.



## First raw food café. Old Strathcona getting Glow Juicery in 2015

It's raw, it's juicy and it's coming to Old Strathcona in early 2015.

Glow Juicery owners are planning to open a raw food and juice bar business just south of Whyte Avenue, off Calgary Trail next to Orange Theory Fitness, near Planet Organic, so people can have a unique food experience.

"The cool thing is our two locations right now are juicer-ies, but this location is going to be the first raw food café. We're now launching not only juice cleansing but juice and raw food," said Marnie Ashcroft, owner and founder of Glow Juicery.

She added the business will bring something to the local "food landscape" that was missing, as clients will be able to stop in and grab something on the go.

"We're caring about what you eat and we're really thoughtful how we put our food together for you," she said.



Glow Juicery owners have big plans for their raw food and juice bar location in Old Strathcona.

CONTRIBUTED

Making it accessible for people to access in a mainstream fashion is the goal with the Old Strathcona location, said Ashcroft, adding a similar location in Kelowna will also open in March 2015.

STEPHANIE DUBOIS/METRO

### Kettle campaign

#### Salvation Army seeks volunteer bell-ringers

Consider yourself a real pro at jingling bells? We've got a job for you.

The Salvation Army is putting the call out to Edmontonians interested in volunteering with the organization to ring bells at kettle locations across the city. This year, the Christmas Kettle Campaign aims to raise \$545,000 to help provide food, clothing and toys for the city's less fortunate. **METRO**

### Ice sculpting festival

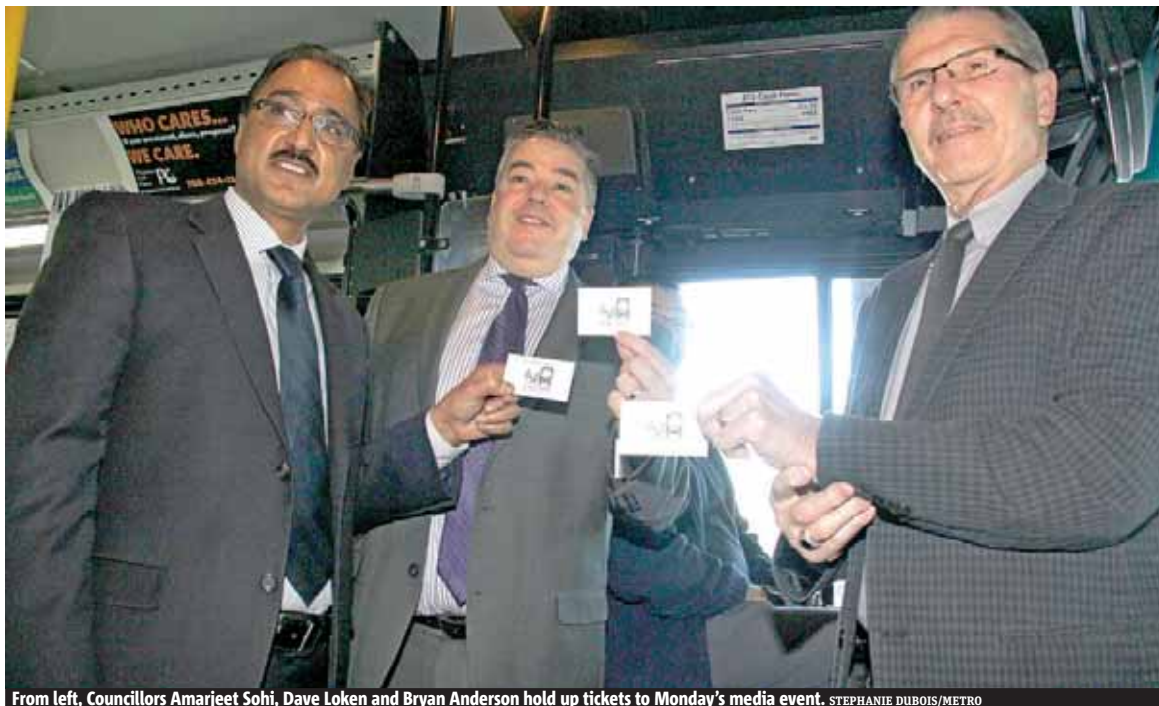
#### Ice on Whyte festival partners with ATCO Gas

A partnership between ATCO Gas and the Ice on Whyte Festival means the ice-carving competition is guaranteed for the next three years.

Ten teams come from around the world to participate in the winter festival each year to carve masterpieces for Edmonton crowds.

The festival runs from Jan. 23 until Feb. 1.

**METRO**



From left, Councillors Amarjeet Sohi, Dave Loken and Bryan Anderson hold up tickets to Monday's media event. STEPHANIE DUBOIS/METRO

# Donate-a-Ride now celebrating 19 years

**Increasing need.**  
Program started in 1996 and has been growing each year



STEPHANIE DUBOIS  
stephanie.dubois@metronews.ca

Edmonton may be known as a car city, but there are several residents who don't have access to a vehicle. That's where Donate-a-Ride comes in.

The program, entering its

19th year, has raised \$2 million to purchase tickets for low-income families so they can get around the city when it matters the most.

"Some of us are lucky enough to purchase our own tickets or bus pass," said Shawna Hohendorf, program co-ordinator with the Boyle McCauley Health Centre. "The people we serve walk miles a day through rain, snow and wind, incredible heat and cold in inadequate footwear, just to attend an appointment or find food to eat and they are always grateful

### By the numbers

4

There are four different types of agencies in the city that access the program, with local organizations following under those umbrellas.

for a bus ticket."

Those in need are given transit tickets through various local organizations in the city.

The program started in 1996, with over 85,000 tickets handed out in 2014 alone,

a number that has steadily risen since the program first started.

Businesses and community members all pitch in to fund the program along with average Edmontonians, something city officials say is the reason why the program is such a collective effort.

"Whether it's businesses or employees through their union ... it's a very civic charity when you think about it. Mobility is one of the key things we facilitate here as a municipality," said Mayor Don Iveson.

## SOUTH FORT SPECIALS



2010 GMC Acadia SLT  
#P3897  
\$23,980



2014 Ram 3500 SLT Crew Cab 4x4  
#P3665  
\$49,980



2010 Dodge Grand Caravan  
#370021TA  
\$9,980 or \$79 BW



BRAD McDONALD  
Vehicle Sales Manager

**SOUTH FORT**  
CHEVROLET

10109 89 Ave Fort Saskatchewan

**1-888-919-4860**

**www.southfortchev.com**

Now Open Sundays 11-4

Ex. #370021TA COB \$1,471.21 at 3.99% for 72 months OAC. All payments include taxes, fees, and financing costs. Vehicles may not be exactly as illustrated. See dealer for details.



# Ottawa needs Aboriginal memorial: Architect

**First Nations.** Museum architect understands need for Holocaust memorial, but feels Aboriginal suffering needs city's recognition

The unceded Algonquin land slated for the National Holocaust Monument would be better suited for a memor-

ial honouring First Nations people, according to the architect of the Canadian Museum of History.

While Douglas Cardinal said it's important to commemorate the millions who died in the Holocaust, there needs to be better recognition of the First Nations people who have suffered within their own country.

"What about the First Nations that had 95 per cent of

their population wiped out?" said Cardinal.

"And how about the survivors and children that had been taken away and put in residential schools where 40 per cent died in those conditions?"

"What we don't want is a memorial for the harm and destruction and misery caused by others. We want a place of celebration and reconciliation and forgiveness."

The National Holocaust Monument will sit at the corner of Wellington and Booth streets and face the Canadian War Museum.

Like the land underneath the Supreme Court of Canada and Parliament Hill, it's considered unceded Algonquin territory.

The Algonquin people and the province of Ontario have an ongoing land claim negotiation concerning a massive

swath of the eastern part of province.

Cardinal said he would envision a different memorial on that land — one that does not acknowledge the "destruction of our people," but rather celebrates their survival.

"Many people have come to this land because of the abuse that they had in their own country ... They had to leave and so they came and shared the land with us," he

said. "But they forget that we're still here. We survived."

There's no significant architectural representation of First Nations people in Ottawa he added, noting the lack of an embassy, but the National Aboriginal Veterans Monument in Confederation Park does commemorate aboriginals who have served in the Canadian Armed Forces.

LUCY SCHOLEY WITH FILES FROM JOE LOFARO



## Happy dog now able to run

Hector, a border collie cross who lost his back paws after they were frozen to the ground in northern Saskatchewan, is now running around on prosthetic parts. It's believed his hind feet and tail were ripped off in January 2013 when his mother picked him up off the ground. His new owner, Lisa Korol, held a fundraiser this year to raise funds for Hector's \$3,800 prosthetics. Korol said she hopes to get him certified as a therapy dog to help people who have lost limbs and are undergoing rehabilitation. LISA KOROL/HANDOUT/THE CANADIAN PRESS

### Lac-Mégantic disaster

## Musi-Café quietly reopens

The restaurant-bar at ground zero of the deadly train derailment and explosion that killed 47 people in July 2013 is back in business about 400 metres from the original site.

Musi-Café Owner Yannick Gagné says only three of the original employees have returned to work with him in his new establishment.

THE CANADIAN PRESS

### Michael Sona

## Robocall sentence to be challenged

The Public Prosecution Service of Canada wants to challenge the nine-month sentence Michael Sona received for election fraud. A notice of appeal has been filed arguing the sentence given to Sona, the only person charged and convicted in the 2011 scandal, did not reflect the gravity of the offence.

THE CANADIAN PRESS

# CELEBRATE ~~25~~ 7 DAYS OF DEALS!

AMAZING NEW DEALS EVERYDAY! DON'T MISS OUT!

# WED. ONLY!

DECEMBER 17

No other discounts apply. While quantities last. No rain checks. No price adjustments on previous purchases.

Save 45%  
**69<sup>99</sup>**  
Each

DeLonghi Icona  
toaster or kettle

Reg. 129.99 each

DeLonghi



Make your own sale! →

Save 45%  
**129<sup>99</sup>**

DeLonghi Icona  
Pump Espresso  
machine  
Reg. 249.99

Save 20%  
All DeLonghi  
kitchen electrics  
Excludes DeLonghi  
by Nespresso



Home Outfitters

Save 25%  
OR Save 20%

on a single regular priced item when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card

on a single regular priced item with any other tender

POS Procedure: Reason Code 6



Valid now through Wednesday, December 24, 2014. To redeem, please surrender this original coupon to the cashier. One coupon per customer; cannot be combined with any other offer or credit offer, or used in connection with any previous purchases. Licensed departments, All-Clad, Smart Buys, Saeco, Dyson, Le Creuset, Breville The Boss™, Blendax, Jura, Hudson's Bay Gift Cards, Point of Sale Activation Cards and Gift Registry online are excluded. Home Outfitters may dishonour and confiscate any coupon which in its sole opinion has been copied, altered, forged or obtained through unauthorized sources. This coupon has no cash value. Refunds will be reduced by the value of the coupon as indicated on the sales receipt. This coupon offer cannot be redeemed at our Liquidation Stores at Square One Mississauga, ON and Abbotsford, BC. Coupon offer valid for in-store use only. Credit is extended by Capital One Bank (Canada Branch). Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.

Canada's largest kitchen, bed and bath superstore!

Sign up to receive our emails at [homeoutfitters.com](http://homeoutfitters.com)



**IMPORTANT CUSTOMER INFORMATION:** SELECTION & BRANDS WILL VARY BY STORE. All colours, patterns and styles may not be available in all stores. RAIN CHECKS AND SUBSTITUTIONS: If an advertised item is not yet available we will offer you your choice of a comparable substitution, (if available), or a rain check. In some instances (e.g. special purchases, power buys, clearance items, bonus with purchase or seasonal items) quantities may be limited, selection may vary by store and substitutes or rain checks cannot be given. Home Outfitters reserves the right to limit quantities. **11.2 H14** All references to regular price are to Home Outfitters' regular price product and does not include already reduced, clearance, Smart Buy, Signature Deals and items with .95 & .98 price endings unless otherwise specified. All prices in effect **Wednesday, December 17, 2014**, unless otherwise specified. Valid only at Home Outfitters store locations. Home Outfitters Outlet stores at Hwy. 401 & Weston Road, ON & New Westminster, BC may not have all offers in this advertisement. Advertisement offers not available in our Liquidation Stores at Square One Mississauga, ON & Abbotsford, BC. Contact store for details or visit <http://www.homeoutfitters.com/en/storelocator.html>. Product selection may vary online. Hudson's Bay, Hudson's Bay Credit, Home Outfitters, hbc.com and their associated designs are trademarks of the Hudson's Bay Company. Credit is extended by Capital One Bank (Canada Branch). Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.



**Adventure!**  
**Teach English Overseas**

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

**1.888.270.2941**  
**Job Guaranteed!**

Next In-Class Course: January 16<sup>th</sup> - 18<sup>th</sup>, 23<sup>rd</sup> - 25<sup>th</sup>, 2015  
Next Seminar: December 16<sup>th</sup>, 2014 @ 7pm  
Roots on Whyte Building (8135 102 Street, Edmonton)

[www.globalesol.com](http://www.globalesol.com)

**GLOBAL TESOL COLLEGE**  
Lead Instructors

## Ethiopia

**'Little Canada' to honour former PM**

Brian Mulroney's name and fame could soon be associated with a bus station in a rural Ethiopian village that has come to be known as "Little Canada."

A group of Ethiopian-Canadians in Toronto wants to pay tribute to the former

prime minister by refurbishing and naming a major bus terminal after him. They've launched an online campaign to raise \$50,000 to transform the station in Debre Tsige, a village south of Addis Ababa.

The former prime minister spearheaded government efforts in 1984 to contribute about 10 per cent of all international aid to Ethiopia, ultimately saving many lives.

GILBERT NGABO/METRO IN TORONTO

## Fraser Valley

**Avian flu detected at another B.C. farm**

Federal officials say avian influenza has been detected at a 10th farm in B.C.'s Fraser Valley.

The Canadian Food Inspection Agency has updated its list to include a Langley farm housing table-egg layers.

The outbreak in those barns was confirmed Saturday, affecting another 53,000 birds and hiking the total number of poultry to be destroyed up to 233,800.

The H5N2 strain of the disease was first identified on Dec. 1 in Chilliwack and Abbotsford and has prompted the establishment of a control zone covering the southern half of B.C.

THE CANADIAN PRESS

## Washington, D.C.

**Canada defends Keystone XL at energy meeting**

The Canadian government used an energy summit in Washington to argue for the continued relevance of the Keystone XL pipeline project in the face of plummeting oil prices.

The plunge has buoyed opponents of Canadian oil who argue that the new normal in oil prices has obliterated the logic supporting the project. But Natural Resources Minister Greg Rickford challenged that argument.

"This kind of price volatility reminds us how fragile the global economy still is and ... how close to home it can still impact us," said Rickford.

THE CANADIAN PRESS

# Magnotta's fate is in jury's hands

**Slaying of Jun Lin.** A Quebec Superior Court judge has instructed the jury on what they need to consider during deliberations

The jurors at Luka Rocco Magnotta's first-degree murder trial were sequestered on Monday after the judge told them what they need to consider as they deliberate his fate.

Magnotta has pleaded not guilty to five charges, including first-degree murder, stemming from the May 2012 slaying and dismemberment of Jun Lin, 33.

Quebec Superior Court Justice Guy Cournoyer's detailed final charge also opened the door to a conviction on second-degree murder or manslaughter on the murder charge.

But if the jury finds Magnotta not criminally responsible, Cournoyer said the verdict must apply to all five charges. It's also the issue he suggested jurors tackle first when deliberations begin Tuesday.

In addition to premeditated murder, Magnotta is charged with criminally harassing Prime Minister Stephen Harper and other members of Parliament; mailing obscene and

indecent material; committing an indignity to a body; and publishing obscene materials.

Psychiatrists for the defence testified throughout the trial that Magnotta is schizophrenic, was psychotic the night of the slaying and was unable to tell right from wrong.

Crown prosecutor Louis Bouthillier countered there was no mental illness at play and that the crime was planned and deliberate. He has said Magnotta should be found guilty of first-degree murder and the four other charges.

Cournoyer told the jurors they would need to answer two questions for the mental-disorder defence to be accepted. Firstly, is it more likely than not Magnotta was suffering from a mental disorder at the time of the offence? And secondly, did the disorder make him incapable of knowing the acts were wrong?

He walked them through the various expert reports, medical documents and testimony they could consider. However, if the answer to either of those questions is no, then Magnotta is not exempt from criminal responsibility, Cournoyer said.

If the jury opts for a verdict of not criminally responsible, Cournoyer told them Magnotta would not be set free if he's considered a significant threat to public safety.



An artist's sketch shows Quebec Superior Court Justice Guy Cournoyer instructing the jury on Monday at the murder trial for Luka Rocco Magnotta in Montreal. Magnotta is charged in connection with the death and dismemberment of university student Jun Lin. MIKE McLAUGHLIN/THE CANADIAN PRESS

"Paranoid schizophrenia is a disease of the mind, but it is for you to decide whether Mr. Magnotta was suffering from paranoid schizophrenia at the time of killing," he said.

"Under our law, the verdict of not criminally responsible by reasons of mental disorder is not a loose term — quite the contrary. There are specific criteria to determine whether the

defence of mental disorder is applicable."

The jury will be required to render a unanimous verdict on each count.

Magnotta has already admitted to the physical acts of the case, meaning the jury will need to determine intent as well as the level of planning in the slaying.

Cournoyer told them they

must rely solely on the evidence they have heard over 40 days since the trial began in late September.

Magnotta did not testify and didn't meet with a Crown psychiatrist, but the judge said he was not obliged to do so as part of his mental disorder defence.

"You must not infer Mr. Magnotta's guilt from his fail-

ure to testify.... You cannot use his silence at trial as evidence of his guilt," the judge advised.

Among the evidence to consider, Cournoyer said the jury will have to keep in mind that Magnotta's statements given to defence psychiatrists about facts surrounding the events in May 2012 and his own state of mind have not been independently proven. THE CANADIAN PRESS

# Danes claim scientific data links North Pole to Greenland

An Arctic expert says an unspoken agreement between Arctic nations on how to divvy up northern seas is all but dead now that Denmark is presenting scientific data that it says gives it a claim on waters past the North Pole.

The claim, which was set to be filed with the United Nations on Monday, will force Canada into tough future negotiations on overlapping claims instead of being able to rely on deals worked out in advance, said University of Brit-

## Quoted

**"It's generally a good thing to negotiate issues when the stakes are relatively small. Once the stakes grow, then you get vested interests and more political possibilities."**

Michael Byers, international law professor at the University of British Columbia, on future negotiations to settle the boundaries on the sea floor

ish Columbia international law professor Michael Byers.

"Most people who follow this issue are wishing that we hadn't arrived at this point,

that the gentleman's agreement was going to take care of these matters and set in place a workable agreement that would have provided stabil-

ity," Byers said from Novosibirsk, Russia.

Interest in the Arctic is intensifying as global warming shrinks the polar ice and opens up possible resource development, potential new fisheries and new shipping lanes.

The area is believed to hold an estimated 13 per cent of the world's undiscovered oil and 30 per cent of its untapped gas.

Danish Foreign Minister Martin Lidegaard says scientific data shows Greenland's

continental shelf is connected to the 2,000-kilometre-long Lomonosov Ridge beneath the Arctic Ocean. He says that gives Danes a claim to the North Pole and any resources on the sea floor.

The United Nations panel will eventually decide control of the area. The Danes claim the right to exploit an area of 895,000 square kilometres. The area goes right up to Russia's exclusive economic zone 370 kilometres off its shoreline. THE CANADIAN PRESS

## Canada's claim

Last December, Canada surprised its Arctic neighbours when it made its own filing under the United Nations Convention on Law of the Sea. It said the Arctic component, widely expected to stop short of the North Pole, wasn't complete and that it would include data backing up a claim that would include the Pole and waters beyond.



## Germany. Merkel warns against anti-Islam rhetoric

Chancellor Angela Merkel warned Germans on Monday not to be duped by far-right rhetoric amid concern about the rising number of anti-Islam demonstrations in the country.

A group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, has staged weekly rallies in the eastern city of Dresden that have attracted thousands of supporters. Some 10,000 protested last week, and police said about the same number were on hand again Monday night.

"There's freedom of assembly in Germany, but there's no place for incitement and lies about people who come to us from other countries," Merkel



**German Chancellor Angela Merkel**  
THE ASSOCIATED PRESS

told reporters in Berlin. "Everyone (who attends) needs to be careful that they're not taken advantage of by the people who organize such events."

**THE ASSOCIATED PRESS**

## Sexual-abuse lawsuit

## Boy Scouts hit with \$7M verdict

A Connecticut jury has issued a \$7-million verdict against the Boy Scouts of America in a lawsuit by a man who says he was sexually abused by a scout

leader in the mid-1970s.

The man alleges he was sexually abused by scout leader Siegfried Hepp. A message seeking comment was left Monday at phone listings for Hepp in Connecticut and Florida. He wasn't a defendant in the lawsuit. **THE ASSOCIATED PRESS**

# Hollande praises France's diversity, scorns far right

## Immigration.

As far-right groups promote homogeneity, the French president champions inclusive policy to ensure dignity

French President Francois Hollande on Monday praised the contributions that immigrants have made to France and criticized those generating fear of foreigners, an apparent reference to the growing voice and influence of the far-right National Front.

In his first speech about immigration since taking office in 2012, Hollande said an immigration policy is necessary to ensure both “dignity” for those it welcomes and a cap on how many can be accepted.

He bemoaned the fact that acts of anti-Semitism and racism are on the rise in France

and that some fear the “disappearance” of France, a reference to claims by the National Front and others that Islam will one day take over French civilization. Hollande noted that one in four French have at least one foreign ancestor.

"There are those who dream of a little France ... a France turned inward," Hollande said. "We must fight against these (ideas) in the name of France."

Hollande spoke at the inauguration of the National Museum of the History of Immigration, which opened seven years ago but without a formal inauguration by then-president Nicolas Sarkozy. The delay is a sign of how contentious the subject of immigration is in France, which has the highest Muslim and Jewish populations in western Europe.

The conservative UMP party of former president Sarkozy quickly criticized



French President Francois Hollande, right, with Luc Gruson, general director of the National Museum of the History of Immigration, second right, looks at an exhibition during a Monday visit to the museum. Hollande has applauded the contributions of immigrants to France, despite opposition from the anti-immigrant far right. **JOAN VAL AT THE ASSOCIATED PRESS**

Hollande's long wait to address immigration. As president, Sarkozy made reducing immigration a major policy focus. Now trying to make a political comeback, he said in a recent speech that immigration "threatens our way of life."

**THE ASSOCIATED PRESS**

THE ASSOCIATED PRESS

[illegible]



CHEVROLET 

# HOLIDAY EVENT

**LIMITED TIME: DEC 15<sup>TH</sup> - JAN 2<sup>ND</sup>**

---

**ELIGIBLE OWNERS RECEIVE UP TO**

## \$2,000

**IN HOLIDAY CREDITS\*\***

**PLUS GET**

**SIGN AND DRIVE LEASING ON ALL 2015s\*\***

---

**2015 EQUINOX LS** ALL WHEEL DRIVE

---

LEASE **\$152 @ 0.9%**

BI-WEEKLY FOR 48 MONTHS  
BASED ON A LEASE PRICE OF \$28,165†  
INCLUDES FREIGHT & PDI.

**INCLUDES:**

- \$1,000 LEASE CASH
- +\$750 HOLIDAY CASH FOR ELIGIBLE OWNERS\*
- +\$500 BOXING WEEK BONUS‡

**FEATURES**

- BEST-IN-CLASS REAR SEAT LEGROOM\*
- STANDARD ONSTAR WITH 4G LTE Wi-Fi®
- 6-SPEED AUTOMATIC TRANSMISSION

**\$0 FIRST TWO BI-WEEKLY PAYMENTS**

**\$0 DOWN PAYMENT / \$0 SECURITY DEPOSIT / \$0 DUE AT DELIVERY**




Ltz AWD MODEL SHOWN

---

**ALL 2015s COME WITH CHEVROLET COMPLETE CARE:**

|  |  |  |
|--|--|--|
| <p><b>2 YEARS/40,000 KM COMPLIMENTARY OIL CHANGES*</b></p> | <p><b>5 YEARS/160,000 KM POWERTRAIN WARRANTY**</b></p> | <p><b>5 YEARS/160,000 KM ROADSIDE ASSISTANCE**</b></p> |
|--|--|--|



**AlbertaChevrolet.com**

**BOXING WEEK BONUS ENDS JAN 2<sup>ND</sup>**

**FIND NEW ROADS™**



## Rice case. Mom says son shot before he could obey

The mother of a 12-year-old Ohio boy fatally shot by police who believed he was carrying a gun said Monday he was never given a chance to follow officers' orders.

Samaria Rice said in an interview at The Associated Press offices in New York that her son, Tamir Rice, was shot before he could respond to orders after the police pulled up next to him on a Cleveland playground and a rookie officer fired within two seconds. Tamir had an airsoft gun, which shoots nonlethal plastic pellets.

Rice said she wants the officer charged with murder and called on authorities to make sure young officers don't "ignore the training."

Police say officers were responding to a call Nov. 22 about someone possibly carrying a gun. They say Tamir didn't respond to commands to raise his hands before officer Timothy Loehmann fired his weapon. They also meant to stop the patrol car farther from Tamir, but the vehicle slid on the grass, the Cleveland police union has said.

Rice said she found out later that Tamir was handed the fake weapon by a girl at the play-

ground. She said police also put Tamir's 14-year-old sister in handcuffs as she rushed to help her mortally wounded brother that day.

Rice's attorney, Benjamin Crump, said in the AP interview that the two officers could have defused the situation — by talking to the boy from a distance instead of pulling up next to him on the grass and firing.

An internal Cleveland police investigation is underway and the results will be turned over to the local prosecutor, who will present them to a grand jury. The fatal encounter was caught on surveillance video.

THE ASSOCIATED PRESS



Samaria Rice. THE ASSOCIATED PRESS

## Philadelphia area. Suspect in killing of six eludes law

A man suspected of going to three houses in the Philadelphia suburbs and fatally shooting six people, including his ex-wife and her teenage niece, was at large, and prosecutors said investigators didn't know where he was or how he was getting around.

Police recovered the cellphone and car of Bradley William Stone, who had recently been in court fighting with his ex-wife over custody of their two children. SWAT teams surrounded his Pennsburg home on Monday and pleaded through a bullhorn for him to surrender, but Montgomery County District Attorney Risa Vetri Ferman said it was unclear if he was there.

"As I stand here right now, we do not know where he is," Ferman said at an evening news briefing.

The shooting rampage started before dawn at the home of Stone's former sister-in-law in Souderton and ended about 90 minutes later at ex-wife Nicole Stone's apartment in nearby Harleysville, Ferman said.

Nicole Stone's sister, Patricia Flick, her sister's husband,

Aaron Flick, and the couple's 14-year-old daughter, Nina Flick, were killed in the first wave of violence, discovered just before 8 a.m., Ferman said. Their 17-year-old son, Anthony Flick, was pulled from the home with a head wound and was taken in an armoured vehicle and then by helicopter to a Philadelphia hospital for treatment.

Nicole Stone's mother, Joanne Hill, and grandmother Patricia Hill were killed next at their home in nearby Lansdale. Investigators were alerted by a hang-up call to emergency dispatchers, Ferman said.

Nicole Stone's neighbours at the Pheasant Run Apartments in Harleysville said they were awoken around 5 a.m. by the sounds of breaking glass and gunshots coming from her apartment. They said they saw Stone fleeing with two children and alerted authorities.

"She would tell anybody who would listen that he was going to kill her and that she was really afraid for her life," neighbour Evan Weron said.

THE ASSOCIATED PRESS



A hostage runs to armed tactical-response police officers for safety after she escaped from a café under siege at Martin Place in the central business district of Sydney, Australia, on Monday. ROB GRIFFITH/THE ASSOCIATED PRESS

# Police probe hostage deaths in Sydney siege

**Lindt Chocolat Café.**  
Three dead, including Iranian-born gunman

The deadly siege began in the most incongruous of ways, on a sunny Monday morning inside a cheerful café in the heart of Australia's largest city. An Iranian-born gunman burst in, took 17 people hostage, and forced some to hold a flag with an Islamic declaration of faith above the shop window's festive inscription of "Merry Christmas."

It ended after midnight with a barrage of gunfire that left two hostages and the gunman dead, four others wounded, and a nation that has long prided itself on its peace rocked to its core.

After waiting 16 hours, police stormed the Lindt Chocolat Café early Tuesday when they heard gunfire inside, said New South Wales

state police Commissioner Andrew Scipione.

A loud bang rang out, several hostages ran from the building and police swooped in amid heavy gunfire, shouts and flashes.

A police bomb disposal robot also was sent into the building, but no explosives were found.

"They made the call because they believed that at that time, if they didn't enter, there would have been many more lives lost," Scipione said.

### Man Haron Monis

The gunman was known to authorities.

- Last year, he was convicted and sentenced to 300 hours of community service for using the postal service to send offensive letters to families of soldiers killed in Afghanistan.

The gunman was identified as 50-year-old Man Haron Monis, who once was prosecuted for sending offensive letters to families of Australian troops killed in Afghanistan.

Prime Minister Tony Abbott said Monis had "a long history of violent crime, infatuation with extremism and mental instability."

Scipione wouldn't say whether the two hostages who were killed — a 34-year-old man and a 38-year-old woman — were caught in

crossfire, or shot by their captor.

One of the victims was Sydney lawyer and mother-of-three Katrina Dawson. The other victim was identified in Australian media as the café manager, Tori Johnson.

Deputy Police Commissioner Catherine Burn said three women were treated in hospital for gunshot wounds and were in stable condition. A police officer was treated for shotgun pellet wounds and discharged, she said.

THE ASSOCIATED PRESS



Man Haron Monis in April 2011 after a pretrial hearing in Sydney. DEAN LEWINS/THE ASSOCIATED PRESS FILE



Australia

## Uber backtracks after price hikes

The ride-sharing company Uber was promising free rides and refunds Monday for people fleeing central Sydney, after coming under fire for hiking prices during a hostage crisis that was unfolding there.

Technology news website Mashable reported that Uber was briefly charging customers a minimum fare of 100 Australian dollars (\$82 US) and four times the usual per-mile rate to leave the city centre.

THE ASSOCIATED PRESS

Impacting work

## Banker dodged rail fares for 5 years

A London banker has been banned from working in the financial services industry after he was caught dodging rail fares. The Financial Conduct Authority (FCA) said in a statement Monday that Jonathan Burrows has been banned for not being "fit and proper."

Michelle Ulyatt, a Southeastern spokeswoman, said the company believed Burrows was dodging fares for up to five years.

THE ASSOCIATED PRESS

Lawyer

## Don't publish hacked info: Sony

A lawyer representing Sony Pictures Entertainment is warning news organizations not to publish details of company files leaked by hackers in one of the largest digital breaches ever against an American company. THE ASSOCIATED PRESS

Market Minute

**DOLLAR**  
85.79¢ (-0.63¢)

**TSX**  
13,705.14 (-25.91)

**OIL**  
\$55.91 US (-\$1.90)

**GOLD**  
\$1,207.70 US (-\$14.80)

Natural gas: \$3.73 US (-\$0.20)  
Dow Jones: 17,180.84 (-99.99)

# Halal beef supplier misled Muslims: U.S.

**Indictment.** Iowa company allegedly misled customers about slaughter methods

A food supplier for several years falsely marketed beef to Muslims around the world as meeting strict halal standards, exporting products that weren't slaughtered in accordance with Islamic law, U.S. federal prosecutors allege in a major fraud indictment.

Midamar Corp., based in Cedar Rapids, Iowa, sold at least \$4.9 million US in beef to customers in Malaysia, Kuwait, United Arab Emirates and elsewhere that did not follow the halal practices promised in its labelling and advertising, according to the indictment returned Dec. 5 by a grand jury.

Midamar and its direc-



Bill Aosey Jr., company founder, poses for a portrait in front of an image of Damascus, at Midamar Corp. in Cedar Rapids, Iowa, in this Sept., 2010 file photo. MARY WILLIE/THE DES MOINES REGISTER/THE ASSOCIATED PRESS FILE

tors, brothers Jalel and William (Yahya) Aosey, are charged with conspiring to make and use false statements and documents, sell misbranded meat and commit mail and wire fraud.

Also indicted is another company the brothers controlled, Islamic Services of America, which is one of the few organizations approved by Malaysia, Indonesia, Kuwait, Saudi Arabia and UAE

to certify beef for import into their countries. The defendants are charged with 91 other counts of making false statements on export certificates, wire fraud and money laundering.

Midamar's founder, 73-year-old William Aosey Jr., pleaded not guilty to similar charges last week. His sons, ages 40 and 44, were scheduled to be arraigned Monday in federal court in Cedar Rapids.

Midamar issued a statement calling the charges a violation of the U.S. constitution's separation of church and state, saying it was inappropriate for the government to judge halal practices. The company said its slaughter methods have been vetted by halal auditors during its 40-year history and the "company continues to maintain its high level of halal integrity."

THE ASSOCIATED PRESS

## Fad. S. Korea goes nuts for macadamias

South Korean retailers are experiencing a boom in sales of macadamias after nut rage imploded the career of a Korean Air Lines executive and embarrassed her family and country.

The flavourful macadamia nut was unfamiliar to many South Koreans until Cho Hyun-ah, the daughter of Korean Air's chairman, ordered a flight attendant off a Dec. 5 flight from New York City after she was served them in a bag, instead of on a plate.

Macadamias are now a household name in South Korea, and with curiosity about their taste piqued, sales are booming.

Auction, a South Korean unit of eBay and South Korea's second-largest e-commerce website, said Monday that sales of macadamias surged nearly 12-fold during the previous five days without any promotions. It said macadamias previously made up five per cent of its nut sales but were now accounting for almost half.

THE ASSOCIATED PRESS

## StatsCan. Household debt climbs to 162.6% of disposable income

A sustained period of low interest rates has allowed Canadians to rack up record levels of debt which, along with tumbling oil prices, pose a threat to the country's financial stability, economists say.

The total amount of credit market debt — which includes mortgages, non-mort-

gage loans and consumer credit — held by Canadian households hit a record high in the third quarter, climbing to 162.6 per cent of disposable income from a revised 161.5 per cent in the second quarter.

That means Canadians owed about \$1.63 for every

dollar of disposable income, according to the latest figures from Statistics Canada.

"The Bank of Canada has a lot on its plate in terms of assessing risk to the Canadian economy," Leslie Preston, an economist at TD Economics, said in a note.

"The recent collapse in oil

prices (is) likely to have an adverse effect on Canada's growth over the next year, and particularly on incomes in oil-producing regions," Preston said. "Now, household debt risks are heating up once again. Overall developments argue for continued caution by the central

bank, with interest rate hikes still a ways off in the future."

The bank's overnight rate, which generally influences the interest rate charged by lenders for variable rate mortgages and lines of credit, has remained at one per cent for more than four years.

THE CANADIAN PRESS

## Critics. Lehman Brothers' lessons might be fading

Six years after the collapse of Lehman Brothers, the lessons of the financial crisis may already be fading from collective memory in the U.S.

Just last week: — Congress acted to loosen the regulation of the high-risk investments that ignited the 2008 crisis.

— Housing regulators cut minimum down payments on home loans.

— The Institute of International Finance declared it "worrisome" that global indebtedness, as a share of world economic output, has reached record levels.

All this comes as subprime auto loans for financially stretched buyers are surging. And the so-called too-big-to-fail banks that

needed a taxpayer bailout in 2008 now loom even larger than before the crisis: America's five biggest banks account for 44 per cent of bank assets, up from 38 per cent in 2007, according to SNL Financial.

The trend toward pre-crisis lending practices worries analysts who favoured far-reaching reforms to safeguard the system.

"We're on a very dangerous trajectory," said Simon Johnson, professor of global economics at the Massachusetts Institute of Technology.

Johnson said he fears that last week's congressional vote shows that bank lobbyists still carry the political clout to dilute financial regulations.

THE ASSOCIATED PRESS

**END OF SEASON SALE**

**SAVE \$100**  
ON COMPLETE PAIR OF GLASSES  
& 30% OFF THE SECOND SET OF LENSES

\*cannot be combined with any other offers, sunglasses not included, sale applies to products in stock.

**BAKER OPTICAL** 10025 - 106TH ST EDMONTON  
780.423.2117

## VOICES

## THE NEW FACE OF FEMINISM

Metro's Kristen Thompson looks at high-profile young feminists, such as recent Nobel Prize-winner Malala Yousafzai, who are taking a cause traditionally championed by adults and inspiring those in their cohort to effect change



**KRISTEN THOMPSON**  
kristen.thompson@metronews.ca

There's a new face to feminism these days. It's a youthful face, made up of girls fighting for women's rights before they've become women themselves.

Consider Malala Yousafzai, who has just become the youngest person to receive the Nobel Peace Prize. She was only 11 years old when she became a vocal activist for the universal right to education.

Her rallying cry for children's and girls' equality is aimed at policy-makers. But, by virtue of her age, she's inspiring fellow children.

It was girls who clutched photos of Malala at a school assembly in Pakistan to celebrate her Nobel Prize. Her autobiography is available in a young reader's edition to make her story more accessible to a younger audience.

Everywhere you look these days, girls' rights campaigns are aimed at, well, girls. There's Plan Canada's Because I Am A Girl movement. There's thef-bomb.org, which connects teens concerned with gender equality. There's TeenFeminist-Blog, run by high-schooler Jules Spector, a teen advisor for the UN's Girl Up campaign.

And there are high-profile feminists such as Demi Lovato, Lorde and Emma Watson, the latter of whom recently gave an

eloquent and rousing speech to the UN on the topic of gender equality.

Megan Boler, a professor of media and education at OISE-University of Toronto, notes there has been a profound shift in the perception and popularity of gender issues and that young people are, in large part, a driving force.

She attributes this shift to several factors, including Hillary Clinton's 2008 presidential run, which ignited discussions about women in politics; young women's involvement in the Occupy movement; the Slut Walk protests; and increased discussions about cyberbullying in light of the suicides of several teen girls who were bullied by classmates.

"There's something about feminism that's being rekindled and reclaimed," says Boler. "Generational divides will not discourage young women from getting involved. I'm seeing it with my own nieces. They bring up issues about sexism in the media and gender roles."

"If we see role models of all different ages, then the hope-

ful implication is that 'feminist' stops becoming this bad word and ... that it's cool at all ages to engage in working for gender equality."

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

This new era is teaching our girls they don't need to look solely to adults to fight for them; they are empowered to fight for their own rights to education, safety and sexual freedom.

Whether these girls grow up to be the next Gloria Steinem or Germaine Greer remains to be seen. But whether they create change through politics and activism or simply through the way they treat each other, they will have made a difference.

This didn't start with Malala. But she's been a huge catalyst. The impact of that brave, inspiring girl will have a ripple effect that will be felt by girls as they grow into women. This is Malala's legacy.



Clockwise, from top: Despite being shot by the Taliban for expressing her views, Malala Yousafzai is championing the rights of girls to go to school; Singer Lorde is confident and outspoken and openly identifies as a feminist; Demi Lovato is an advocate for women's health and anti-bullying campaigns and is open about her struggles with negative body image; Emma Watson is the UN Women Goodwill Ambassador. ALL PHOTOS GETTY IMAGES

#### Fourth-wave feminism

**This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.**

## Girls learning that feminism is unfinished business: Prof

Metro talked to Dr. Joan Simalchik, a professor in gender studies at the University of Toronto, about how feminist role models are getting younger.

### Is there a new trend of young feminists championing for girls' rights?

Yes. Many in this generation of young people ... begin with an understanding that the goals of feminism are pretty well reached, but

when they venture out, they see that full equality is far from their reality.

Violence is still very present. Pay equity has not been achieved, and child-care is often not available or affordable. Women still are responsible for much domestic labour and family caregiving. When they see popular figures such as Emma Watson speak out, their own feelings are validated. And when they learn

about Malala Yousafzai's bravery, they are inspired to exercise whatever agency they can muster.

### What are the implications of this trend?

When their expectations clash with reality, they look to make change. You can see this in the public initiatives young women have organized. The York University students who founded Slut Walk are a good example. Because

violence is so prevalent, this campaign has resonated widely.

### Why is this important?

Because there is unfinished business along with contemporary issues like cyberbullying. The National Film Board has a new film with that name: The Unfinished Business of Feminism in Canada.

### Is feminism changing

**from one generation to the next?** Each generation responds in their own culturally available way to their own particular context. This generation for instance uses social media in ways that far outpace previous networking options. Beyond the form, the content of their feminism is far more diverse.

They see the intersection between race, class and gender clearer. They

have responded to the Idle No More message and have taken up the demands for an end to violence against indigenous women. Feminism has changed — from time to time and from place to place. While my students love to learn about Nellie McClung's Mock Parliaments staged to gain voting rights for women, none of them, myself included, would identify as suffragettes. **KRISTEN THOMPSON/METRO**



Gossip

NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

## Lindsay Lohan vows to never return to Hollywood

She's thought long and hard about it, and Lindsay Lohan is through with Hollywood.

"I won't live in L.A. again, hell no," she tells the Observer in a lengthy interview.

"My friends tell me s— when they come over I don't want to hear. I don't even know who got married and who got pregnant. You turn on the news in L.A. and it is all gossip about people. All the stuff that is going on in the world right now and this gossip is the news? I love the BBC. I haven't heard myself mentioned on TV since I have

been here. That has been really weird for me, and great."

So there you go. The secret to keeping Lindsay Lohan away is to constantly mention her.

I'd like to take this time to announce that Ms. Lohan will feature into every single thing I write from now on.

Ahem. Also of note? Lohan seems to suggest her past issues with excessive partying that got her into so much trouble weren't really her own fault, but more the fault of her friends and their lack of creativity when it came to social activities. Well, them and the

paparazzi.

"In L.A. I didn't know what to do apart from go out every night. That's when my friends were free. And I would go out and there would be all these cameras there and that's when it became difficult," she explains. "I can go for a run here on my own. I do every morning, early, and I think how my friends in New York would still be up partying at that time. I needed to grow up, and London is a better place for me to do that than anywhere else." Congratulations, London. She's all yours.

## Lisa knows not to let it all out in email

While Sony has been busy siccing its lawyers on publications and sites that have been gleefully disseminating details from the massive hacker-fuelled info dump, a lot of the damage has already been done — and people have opinions about it!

Among those people? Former Friends star Lisa Kudrow, who is more disappointed in the execs for not understanding how a life online works than anything else. "How come I know you don't write anything you don't want

broadcast in an email? How come I know that? Who's advising (these) people?" the Comeback star blasted during a HuffPost Live chat. "It doesn't matter how many times (an email) says, 'This is confidential, meant for just between the sender and the recipient.' Why don't we know that there are no rules? Everything is broadcast and published. That's the part I just don't understand."

She says that now, but just wait until the contents of her Amazon wish list are made public.

Lisa Kudrow



## Forget the ice bucket: Samuel L. Jackson wants celebs to sing

Pulp Fiction star and Marvel mainstay Samuel L. Jackson has a new challenge for celebrities who helped make the ALS Ice Bucket Challenge so successful this summer. He wants them to use that social media power to raise awareness about the protests happening around the U.S. following a New York grand jury's decision not to indict a police officer in the choking death of Eric Garner. "All you celebrities out there who poured ice water on your head, here's a chance to do something else," Jackson says in a video posted to Facebook.



Samuel L. Jackson

"I challenge all of you to sing the We Ain't Gonna Stop Till People are Free song."

## Jennifer Aniston is sick of the baby speculation

Speaking of Friends, Kudrow's old co-star — and newly minted Golden Globe nominee — Jennifer Aniston is taking a stand against the near-constant tabloid cycle of speculation about her plans for a family. "I don't like (the pressure) that people put on me, on women — that you've failed yourself as a female because you haven't procreated. I don't think it's fair. You may not have a child come out of your vagina, but that doesn't mean you aren't mothering — dogs, friends, friends' children," she tells Allure magazine. "I have a lot of friends who decided not to have children, who can't have children, or are trying but are having a difficult time. There's all sorts of reasons why children



Jennifer Aniston

aren't in people's lives, and no one has the right to assume. It's quite rude, insulting and ignorant."

## At just 25, Taylor gets her own retrospective

Los Angeles' Grammy Museum unveiled a brand new exhibit this weekend called The Taylor Swift Experience, full of guitars, clothing, news clippings, old journals and general detritus culled from the 25-year-old's brief, but hugely successful, music career. While it may seem odd to have a retrospective museum exhibit for someone just barely born in the '80s, keep in mind that most of the instruments and costumes on display are from the recently abandoned country music part of career, so she wasn't using them anymore anyway. Also in the exhibit? One of her

Grammys, as Swift has already won so many that she could spare one for the exhibit. Assuming, that is, she even notices it's gone.

Taylor Swift



# 2 SCENE

# The next wave of soul, grunge and pop stars

This time last year, Sam Smith — now a six-time Grammy nominee — was just beginning to gain attention, and Banks' acclaimed debut album *Goddess* was still more than a half-year away. What artists are next in line for a breakout year come 2015?

scene@metronews.ca



## Black Honey

Not much is known about the Brighton band Black Honey, whose music so far consists of a handful of demos. Those demos, though, are promising — powerful female vocals over lush, surf-rock instrumentals. Listen to: *Sleep Forever*



## Låpsley

Success is coming quickly for teenage soul-folk singer-songwriter-producer Holly Fletcher, a.k.a. Låpsley. Shortly after debuting on the scene, the Liverpool native signed to XL Recordings, home of Adele and The xx, and she's got a debut EP, *Understudy*, due Jan. 5. Listen to: *Falling Short*



## Josef Salvat

You likely know this Australian-born, London-based singer from his stripped-down take on Rihanna's *Diamonds*. He released the EP *In Your Prime* in 2014 and he has a debut album of his soulful electro-pop on the way. Listen to: *Open Season*

## Vérité

New York's Vérité came onto the scene in July with her pure, punchy alternative pop. She released a debut EP, *Echo*, in October, and we look forward to what 2015 will bring. Listen to: *Strange Enough*



## Wolf Alice

Another hotly tipped band that's already achieved some fame through live shows, especially in their native U.K. The grunge rock band from London debuted in 2013 with the single *Fluffy* and just put out an EP, *Creature Songs*, in May. Listen to: *Moaning Lisa Smile*

## Others to watch

- **Ryn Weaver.** New York/L.A.-based Ryn Weaver released her first pop single in June to viral success. Listen to: *OctaHate*.
- **James Bay.** The British singer-songwriter has had a noteworthy 2014 in the U.K., and earned the promising Brits Critics' Choice award. Listen to: *Hold Back the River*.
- **Shura.** London singer Aleksandra Denton, a.k.a. Shura, has won over many critics with her cutting-edge synth-pop evoking '80s and '90s greats such as Madonna. Listen to: *Touch* **AFP**

# Grammys to honour Stevie with a tribute

**Music.** Two-hour celebration for the Motown legend will be recorded on Feb. 10 in Los Angeles and aired on CBS on Feb. 16

The Grammys will pay tribute to Stevie Wonder with a special performance after the annual award night.

Organizers announced a two-hour show in the Mo-

town legend's honour to be recorded on Feb. 10 at the Nokia Theatre in Los Angeles, two days after the awards.

Jack Sussman, an executive at CBS, which will broadcast the tribute on Feb. 16, said the show will "give everyone he's inspired a chance to show our esteem."

"His music is as poignant as it is appealing and his songs have the ability to illustrate our world in every note," he said.

The show follows the model of a special last February to celebrate 50 years since the Beatles arrived in the United States.

The event produced a Beatles reunion of sorts with the Fab Four's two living members, Paul McCartney and Ringo Starr, joined by John Lennon's widow Yoko Ono and their son Sean Lennon.

Organizers did not immediately announce performers.

**AFP**

## Grammy success

Stevie Wonder, the 64-year-old visually impaired artist, has won 25 Grammys, including Album of the Year in 1974, 1975 and 1977. The 1977 Grammy was for his seminal double album *Songs in the Key of Life*, which featured such hits as *Isn't She Lovely* and *I Wish*. Wonder started a short tour last month in which he is playing the double album.



Stevie Wonder **AFP**

*Look ridiculously generous!*

Buy a Gift Certificate for \$200 or more and get **\$100 OFF**

**WE OFFER** OxyGeneo Facials; Massage; Reflexology; Laser Skin Tightening and Rejuvenation; Body Sculpting; Electrolysis; Laser Hair Removal

10112 80 Ave NW, Edmonton  
tropicalaserberta.com **780.705.6370** **Tropicalaser®**

**Experience the Tropicalaser difference!**

PURCHASE RESTRICTED TO REGULAR PRICED SERVICES; ONE VOUCHER PER PERSON (MAY BUY UNLIMITED AS GIFTS); NOT VALID ON EXISTING HAIR REMOVAL PACKAGES. NOT VALID ON PRODUCT PURCHASES. OFFER VALID THROUGH JANUARY 31, 2015

**Your opinion matters!**

Share your opinion on ads that run in Metro by joining the RAM panel at **metronews.ca/panel**.

**metro**

Go to **metronews.ca/panel** and join today



# Twelve days of meditation

**De-stress.** OK, there's technically only nine days left until Christmas, but while you're decking the halls (and braving the mall) find inner calm

**GABBY BERNSTEIN**  
Metro in New York City

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?"

We're all busy, especially in December, but with these seven steps we can all make time to meditate.

## We all have a minute to spare

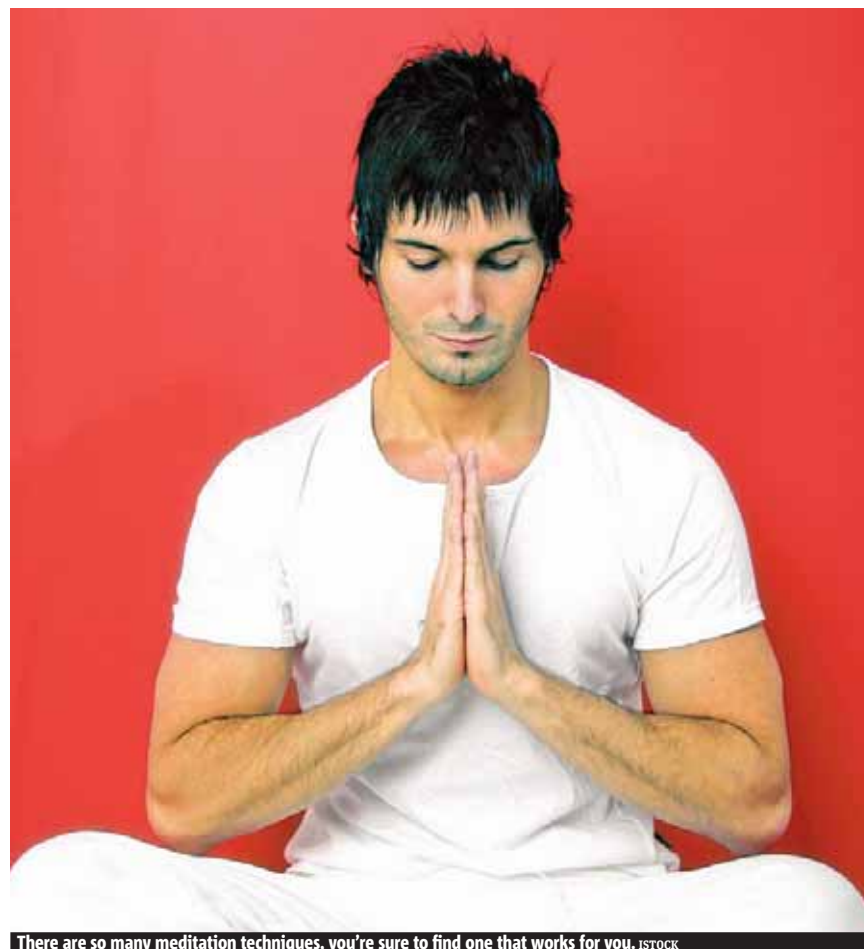
One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for five seconds, hold your breath for five seconds, release for five seconds, hold for five seconds

## Peace is in your pulse

Meditation can be as simple as finding your pulse. This one is easy for meditation newbies. A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your



There are so many meditation techniques, you're sure to find one that works for you. ISTOCK

left wrist over your pulse. The fingers are in a straight line, lightly pressed on the wrist so you can feel your pulse in each fingertip. On each beat of your pulse, mentally hear the sound of sat nam.

This meditation can be done any time, anywhere, and you can experience great benefits in just one minute. Practise it daily to develop your intuition and calm your mind.

## Peace begins with you

This technique is a fantastic Kundalini meditation that's fast, easy and effective.

Gently press your thumb against your other four fingers individually, and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this technique

in line at the bank, under the desk in an office meeting or in the middle of a fight with your partner. This technique will get you through all kinds of crazy emotions and help you release resentment fast.

## Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for crea-

tivity and helps you detach from your day. Next time you feel stressed out after a long day, cook a meal. Use your time in the kitchen to redirect your focus from your to-do list and onto serving your soul. Enjoy the process, and then enjoy the meal!

## Walking meditation

You can find a meditative moment even when you're walking. The next time you're running an errand or walking to your office, make it meditative.

- Take a deep breath with every step.
- Feel your feet and focus on being more grounded with each step.
- Use a mantra while you walk. With each step, recite these words: "I am calm now."

A great place to try walking meditation is when you're in a crowded mall frantically finishing your holiday shopping.

## Take a five-minute tech break

One of the main reasons we're so stressed is because of technology we are always carrying with us. Give yourself a five-minute tech break once a day.

Use that five minutes to practise one of the meditations you've learned here. Use your one-minute breath, go for a walking meditation or find peace in your pulse. Turn off your phone, step away from the computer and create space for stillness.

Use these steps to bring more meditative moments into your day and get your zen on well into the New Year!

**GABBY BERNSTEIN IS A CERTIFIED KUNDALINI YOGA AND MEDITATION TEACHER. SHE IS ALSO TRAINED IN THE EMOTIONAL FREEDOM TECHNIQUE AND IS A STUDENT OF TRANSCENDENTAL MEDITATION.**

# 3 T I M E

## Liquidation Sale

Now liquidating brand name Toys (save 25-50%), Christmas wrapping paper & decorations, candy, gifts, clothing, thousands of items for your holiday shopping needs.

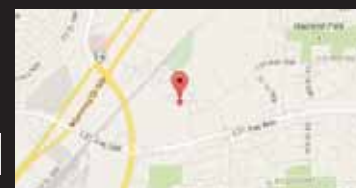
## Save 25-50% off

Sale  
conducted by

**m<sup>c</sup>FRUGAL'S  
DISCOUNT OUTLET**

4235 139th Ave. NW, Edmonton  
Ph: 780 473 5543

Weekday Hours: 10-8  
Sat & Sun: 10-5



# Sifting through facts and fables of active sitting

**Staying fit.** Exercising while being seated will not replace a workout

As studies emerge classifying sitting for extended periods as bad to our health, wobbly stools and exercise balls are replacing office chairs, pedal sets are being installed under desks and everyone's talking about how to stay physically active while seated at their desk. But what can we expect from active sitting?

Philippe Til, a trainer and martial arts expert in L.A., weighs in on the facts and fables.

**Fact: Effective posture is the basis for active sitting, so if we start off slumped, we might not get anything out of it at all.**

"Doing exercises in a chair or on an exercise ball without taking posture into account is like stacking fitness on top of dysfunction," says Til.

To get started, take what he calls the "horse ready" position. "Sit on the edge of your chair with your spine straight and your shoulders squared," he says, "And open up your thigh-to-trunk angle so that

it's obtuse — this part is very important. Your feet will be directly under your shoulders."

**Fact: Active sitting is a good way to get in shape.**

Hardly, according to Til, who says that it should never be considered a substitute for whole fitness.

"Active sitting is still sitting," he says. "It's not going to help you lose weight and it certainly won't increase your cardiorespiratory fitness levels. It will, however, get your blood flowing and can hinder some adverse long-term effects on the joints if done properly, starting with proper posture."

**Fact: Once good posture has been established, blood flow and oxygen intake improve.**

The simple postural adjustment that Til suggests can open the airways in your lungs.

"I've had clients with frequently occurring headaches who have seen them stop once they changed their posture, which is most likely due to the increased oxygen intake and blood flow."

**Fact: Active sitting will make joint pain go away.**

According to Til, desk jockeys are prone to pains in certain

joints. Take the knees, for example, which weaken in the absence of a load. Active sitting might reduce the pain a bit, he says, but it won't replace actual exercise.

**Fact: Extended sitting is more likely the cause of joint pain than exercise.**

Indeed, says Til, when his clients complain of pain in, for example, the lower back, sitting is the culprit in most cases. The pain is the back's way of responding either to lack of use or poor posture, or a little of both.

He advises keeping the thigh-to-trunk angle open during the day to avoid the tightening of the hips experienced by most desk jockeys. Keeping up your regular exercise program, however, is essential if one is to benefit from active sitting. "Your joint pain will likely go away," he says, "and if it doesn't, it's best to see your doctor."

**Getting started**

Til suggests using a variety of tools, including barbells and exercise bands, that can add variety to your moves and perhaps even some calorie burn. If it's not possible to take equipment to work, start by using your desk, subtly placing your



Extended seating may cause more joint pain than exercise. ISTOCK

hands on the top and pushing down — and the opposite — to get in some isometric moves.

In the traditional seated position, push your heels powerfully into the ground.

Shoulder rotations are important for keeping them square, says Til, and neck rotations engage the muscles in the spine.

AFP/PHILIPPE TIL, WHO SUPPLIES THE ENGLISH TRANSLATION OF FRENCH FIT-

NESS EXPERT GEORGES HÉBERT'S UPCOMING PRACTICAL GUIDE TO PHYSICAL EDUCATION. TO BE RELEASED IN JANUARY, IT IS THE SECOND EDITION OF THE NATURAL METHOD BOOK; THE FIRST IS AVAILABLE IN THE KINDLE STORE.



A new study shows just because a book or movie is fiction doesn't mean you will be less sad than if it were based on true events. ISTOCK

## Heart trumps brain in movie or book choices

EVA  
KIS

Metro in New York City

When you need a good cry, do you reach for the movie that's "based on a true story"?

Science says you're giving your brain far too much credit.

According to a new study published in the *Journal of Consumer Research*, it doesn't matter whether the story is inspired by actual events or is purely fictional once you've made an emotional investment.

The reverse — going for a novel over a memoir to avoid feeling sad — is also a false assumption, according to the authors from Brandeis and New York universities.

"Consumers may choose to read a tragic fictional story because they assume that knowing it was fictional would make them less sad than reading a less dra-

**Fact or fiction**

**"Our results suggest that while emphasizing realism may increase sales, it does not necessarily increase satisfaction."**

Researchers from Brandeis and New York universities

matic, but true, story," they write.

"However, the fictional nature does not alter the impact of the tragic story, leaving them more emotionally distraught than if they had read the true story instead."

In the study, viewers were shown a movie they were told was fictional. Though this audience reported lower levels of sadness, they had been allowed to take breaks during the screening, which researchers theorize could have allowed them to remember that the story was not true.

In a different study, subjects claimed it would leave them sadder to know that a

tragic story they'd just read had really happened rather than being made up.

Two other groups read the same story and were told either that it was an accounting of true events, or completely fiction. Both felt sad regardless of what they'd been told.

The only beneficiaries of this self-delusion, the researchers write, are publishers and movie studios willing to back a project simply because it's based on a true story.

"However, our results suggest that while emphasizing realism may increase sales, it does not necessarily increase satisfaction," the authors say.

**For your phone**

**FitStar Yoga**  
(iPad/iPhone;  
free)



**MIND THE APP**

Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Strong instruction and helpful feedback tools mean you can deftly tailor this beautiful video lesson series to your difficulty levels and needs, although a subscription is needed for deeper customization.





# Dip your way to being the trendiest hostess

## Spinach Bread Spread.

These dipable suggestions will make holiday entertaining (or gifting) a lot easier



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Holiday parties are a perfect time for dips and flatbreads. You can certainly buy all kinds of dips that will do the trick but they may contain more mayo and salt than anything else.

It really doesn't take much to mix a few items together to bump up the healthy factor, not to mention bragging rights that it is homemade!

Consider making large batches and using jars to deliver them as hostess gifts. Just be sure to let your host know that it isn't actually "canned" and must be refrigerated. Or better yet, put it out for other guests now so you can shine in your own



This recipe serves 24. THERESA ALBERT

### Ingredients

- 1 10-oz package frozen chopped spinach thawed
- 1 8-oz can artichokes
- 1 cup plain Greek yogurt
- 1/2 cup low-fat cream cheese
- 1/2 cup fresh parsley
- 1/2 cup chopped green onions
- 1 clove garlic, pressed
- 1 tsp dried oregano
- Salt and pepper

little spotlight when people "oooh" and "ahhh".

Try these combos, tweak ratios to get the texture, thickness and intensity that you would like. These are foolproof combos!

**Apple chutney:** Apple pie filling, curry powder, sesame oil

**Tzatziki:** Greek yogurt, grated cucumber (squeezed

dry), garlic, salt

**Blue cheese dip:** Greek yogurt, blue cheese, grainy mustard, garlic powder

**Artichoke and Asiago:** In blender, pulse one can artichokes, grated Asiago, Greek yogurt, garlic, dill.

**Warm chèvre and cranberry dip:** Whole cranberries, orange juice, honey, cooked

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

and cooled. Stir in goat cheese, serve warm.

Things to spread and dip have come a long way, too! Flatbreads are all the rage, both

soft and crispy.

Look for Ethiopian Teff bread called Injera. It's considered a kitschy throwback to include good old saltines and crackers with the higher end, cooler options.

But if you try to pull that off on its own, be prepared for some foodie bullying.

### Spinach Bread Dip

With the right chewy bread, this could be a whole meal!

But do share at a party, it takes seconds to whip up, but fills you up and nourishes too.

**1.** Drain spinach and squeeze dry. Blend all ingredients in a blender. Serve warm (heated in oven or microwave) or cold from fridge with chewy bread.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND AT MYFRIENDINFOOD.COM**



This recipe makes 16 appetizers. MATTHEW MEAD/ THE ASSOCIATED PRESS

## On-demand appetizer base

Planning for a crowd this holiday season? Grab a box of woven wheats.

That's the generic name for Triscuits — those woven-wheat crackers that are delightfully salty-crunchy-savoury.

They are a perfect on which to build any number of crowd-pleasing holiday appetizers at the last minute.

To help get you rolling, here

is a simple recipe for a really tasty variant of this holiday entertaining appetizer. But you really should take it in any direction that inspires you.

### Triscuits with Dates and Bacon

**1.** Heat oven to 400 F. Line a rimmed baking sheet with foil.

**2.** Use a paring knife to cut open the dates, remove the

pit (if necessary), then wedge a chunk of cheese into each. Set each date on a cracker, then wrap half a slice of bacon around the entire thing, overlapping the ends of the bacon on the underside of the cracker.

**3.** Arrange assembled crackers on prepared baking sheet. Sprinkle with pepper, then bake 10 minutes, or until the

### Ingredients

- 16 dates, pitted
- 3 ounces manchego cheese, cut into wedges (each about the size of half a date)
- 16 Triscuit crackers
- 8 slices bacon, each cut in half crosswise
- Ground black pepper

cheese is melted and the bacon is starting to crisp. Cool slightly.

**THE ASSOCIATED PRESS**

## Living with debt is often harder than the solution

A consumer proposal can consolidate and reduce your debt leaving you with a new customized payment plan. We're here to answer questions and help you explore multiple options. Free in-person and phone consultations available.



Freida Richer Susan Methuen Karen Horvath



**780 310 8888**  
**GT.Alger.ca**



**Grant Thornton**

Proposal Administrator | Trustee in Bankruptcy

© Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.



# Struggling Oilers show Eakins door

**On to the next one.** Nelson from AHL affiliate will serve as interim head coach, the team's fifth in seven years

Oilers general manager Craig MacTavish sacked head coach Dallas Eakins on Monday, saying while Eakins is taking the fall for mounting losses, he isn't solely to blame for what's shaping up to be another dismal NHL season in playoff-starved Edmonton.



**Craig MacTavish**  
THE CANADIAN PRESS

"There's blood all over my hands in this, too, as well, because I put the lineup together and the roster," MacTavish told a news conference at

the Oilers' downtown offices. "But it's just the compounding of the losses that led me to this decision."

MacTavish will take over as head coach on a transitional basis before handing the reins to Todd Nelson, who is being promoted to interim head coach from Edmonton's American Hockey League affiliate in Oklahoma City.

MacTavish said he didn't have a timeline on when he would return to the front office.

Nelson inherits a team that has lost 15 of its past 16 games and is last in the



**The Oilers fired head coach Dallas Eakins on Monday. Eakins had just one full season under his belt with the team.**  
THE CANADIAN PRESS FILE

Western Conference with 19 points through 31 games.

The Oilers are on track to miss the playoffs for the ninth consecutive year, and Nelson will be the fifth head coach in seven years.

Disillusioned fans in recent weeks have begun voting with their feet.

Gaps and rows of empty seats are commonplace at Rexall Place, and tickets can be had for fire-sale prices.

Criticism has been pointed directly at management, including hockey operations boss Kevin Lowe and owner Daryl Katz.

## Sputtering offence

# 2.1

The Oilers, despite offensive magicians like Ryan Nugent-Hopkins, Jordan Eberle and Taylor Hall, are averaging just 2.1 goals per game.

Considered one of the hottest coaching candidates when with the AHL's Toronto Marlies, Eakins was the star hire made by MacTavish when he took over as general manager less than two years ago.

MacTavish was so keen to lock up Eakins he fired the head coach at the time, Ralph Kruger, over Skype.

Eakins, with a four-year deal, was seen as an X and O's wunderkind, on the cutting edge of the new generation of coaches with novel ideas like the swarm defence.

It didn't translate to the ice.

The Oilers finished with the third-fewest points in the NHL in 2013-14 with a record of 29-44-9 in the one full season under Eakins.

They were 7-19-5 so far this year. **THE CANADIAN PRESS**

## Domestic violence

### Judge says Kings' Voynov should stand trial

Slava Voynov's wife told police the Los Angeles Kings defenceman hit, choked and pushed her into a television in their bedroom during a fight in October, an officer testified Monday.

After hearing the description of the injuries to Voynov's wife, a judge ruled Monday that there is enough evidence against the player for him to stand trial on a felony domestic violence charge.

Voynov listened to the testimony of Redondo Beach Police Officer Gregory Wiist but did not speak during the proceedings. He has pleaded not guilty to one felony count of corporal injury to a spouse with great bodily injury and will be re-arrested on the charge on Dec. 29.

**THE ASSOCIATED PRESS**

## Las Vegas expansion

### Tycoon careful not to push his luck

Bill Foley is trying to bring an NHL expansion team to Las Vegas and so far he's marching in step with commissioner Gary Bettman.

"I'm an ex-Army guy. I follow orders," Foley said in a phone interview over the weekend. "We've been very careful in our meetings with the NHL administrative staff, just trying to make sure that we do things in the proper fashion. We're not pushy; we're not demanding."

The league and its owners would have to approve the bid with a two-thirds vote.

**THE ASSOCIATED PRESS**

# McDavid gets green light to practise in full



**Connor McDavid has been cleared for contact and started practising with the rest of the Canadian junior team in St. Catharines, Monday.** VAUGHN RIDLEY/GETTY IMAGES

Connor McDavid shrugged off the latest sign of progress in his return from a broken bone in his right hand.

The junior hockey star has been cleared for contact and has started practising with the rest of his Canadian world junior teammates. That came as no surprise to McDavid, who expected to be at this point in his recovery all along.

"It's kind of been the plan for a while now," McDavid said. "The last checkup was a couple (of) Tuesdays ago, and that's kind of been the plan

## Potential linemates

McDavid appeared to fit in seamlessly Monday skating between Nic Petan and Robby Fabbri on the second line. Sam Reinhart centred the veteran first line between Max Domi and Anthony Duclair.

from Day One, was to start contact on this date."

The plan has McDavid on track to be healthy and ready

to go when Canada opens the tournament Dec. 26 in Montreal against Slovakia. But shedding the yellow no-contact jersey and getting through a full practice was an important step toward that goal.

"How did they feel? Do they look confident on the ice when they skate, do they have poise with the puck, do they seem to have chemistry out there?" head coach Benoit Groulx said. "When you look at Connor today, I thought he had all that, and it is good to see that." **THE CANADIAN PRESS**



# Humphries unfazed by double duty

**Bobsled.** Calgary native makes her World Cup debut in four-man event as part of a busy Saturday

Kaillie Humphries is preparing for a historic and hectic day in her bobsled career.

Because of a quirk in the schedule, the Canadian pilot will race her signature two-woman event and about an hour later make her World Cup debut as a four-man pilot Saturday.

Humphries and Elana Meyers Taylor of the U.S. will be the first women to pilot four-man bobsleds in a World Cup. Both will do double-driving duty in the men's and women's races at Calgary's Canada Olympic Park.

"When it rains, it pours, you know the old saying," Humphries said Monday in COP's Ice House. "It's going to be a very



Kaillie Humphries on Monday at Canada Olympic Park.

JEFF MCINTOSH/THE CANADIAN PRESS

intense day.

"I haven't ever had to be in this situation before. I'm not able to draw from experience. No one has been in this situation, coaching staff, nobody. It's going to be trial and error. We're going to face it the best way we know how."

Humphries has logged four runs at Olympic Games and world championships, but they're spread over two days. On Saturday, the second heat of the women's race starts at 12:30, followed by the first heat of four-man at 2 p.m. local time.

THE CANADIAN PRESS



## Raptors mystify Magic

Raptors forward James Johnson goes to the hoop against Kyle O'Quinn on Monday night at Air Canada Centre. Johnson had eight points and three rebounds in 21 minutes of playing time as the Raptors improved their Eastern Conference-best record to 19-6 with a 95-82 win.

STEVE RUSSELL/TORSTAR NEWS SERVICE

NBA

## Red-hot Hawks slam door on Bulls

Al Horford scored 21 points, including a huge jumper with just under a minute remaining, and the streaking Atlanta Hawks won for the 10th time in 11 games with a 93-86 victory over the Chicago Bulls on Monday night.

THE ASSOCIATED PRESS

NHL

## Fleury stands tall as Pens top Bolts

Marc-Andre Fleury stopped 28 shots, Bryan Rust and Brian Dumoulin scored their first NHL goals and the Pittsburgh Penguins beat the Tampa Bay Lightning 4-2 on Monday night. Brandon Sutter had a short-hander and Steve Downie had a goal and an assist for the Pens. THE ASSOCIATED PRESS



Penguins star Evgeni Malkin

THE ASSOCIATED PRESS

MLB



"I'm going in with the intention of winning in 2015."

Left-handed starting pitcher Jon Lester on Monday in Chicago. Lester signed a \$155-million, six-year contract with the Cubs who haven't won a World Series title since 1908, around the time the Model T was rolling off the assembly line.



## Peace-of-mind comes standard.

Every Certified Mercedes-Benz comes with a standard Star-Certified warranty.

Mercedes-Benz  
CERTIFIED

Certified. Affordable. Luxury.

Become the new owner of a Certified Pre-Owned Mercedes-Benz and benefit from:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

For a complete listing, visit [davidmorrisfinecars.com](http://davidmorrisfinecars.com)

0.9%\*  
for 24 months



Mercedes-Benz



2011 GLK 350 4matic™, \$33,999 Total price + GST

Stock # shown P11-11426

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, [davidmorrisfinecars.com](http://davidmorrisfinecars.com)



© 2014 Mercedes-Benz Canada Inc. \*0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2010-2013 Certified Mercedes-Benz excluding AMG (less than 140,000 km). Finance example based on a 2010 model: \$25,000 at 0.9% per annum equals \$704.12 per month for 24 months. Cost of borrowing is \$348.39 for a total obligation of \$25,348.39. Down payment may be required. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end December 31st, 2014.

## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### Aries

**March 21 - April 20**

It may seem as if someone has taken advantage of your kindly nature but could it be you are overreacting? Even if they have been less than honest has it done any harm?

### Taurus

**April 21 - May 21**

The next 24 hours will be hectic. If you find yourself rushing all over the place but not getting much done you should take that as a sign that you have lost control.

### Gemini

**May 22 - June 21**

Don't bite off more than you can chew today, especially if you are trying to impress important people. The best way to influence them is to be yourself.

### Cancer

**June 22 - July 23**

This could be a lucky day for you, especially if you are prepared to overcome your own cautious nature and take a risk of some kind.

### Leo

**July 24 - Aug. 23**

If you give the impression that you are anxious for success you could attract the attention of those who know how to play on your greed.

### Virgo

**Aug. 24 - Sept. 23**

A loved one will be a little too emotional today but if you want some peace you are going to have to help them deal with their issues.

### Libra

**Sept. 24 - Oct. 23**

You don't have to explain your motives or your actions to anyone. If someone demands to know what you are doing just tell them to mind their own business.

### Scorpio

**Oct. 24 - Nov. 22**

The more others say something cannot be done the more determined you will be to prove them wrong. Just be careful you don't take on something that is beyond even your formidable powers.

### Sagittarius

**Nov. 23 - Dec. 21**

If you let your emotions get the better of you today you will most likely regret it later in the week. However bad something may be, it isn't worth getting worked up.

### Capricorn

**Dec. 22 - Jan. 20**

Anyone who expects you to stay in one place today is going to be disappointed. You will rush, maybe with no idea of where you're going.

### Aquarius

**Jan. 21 - Feb. 19**

The atmosphere will be a bit tense today. That could spell trouble if you are the type of person who relieves tension by spending money.

### Pisces

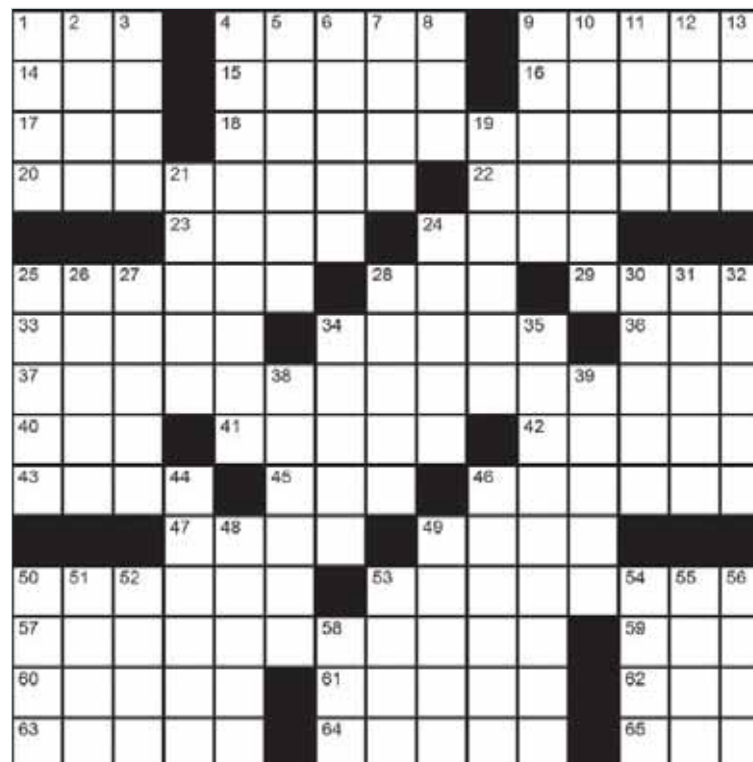
**Feb. 20 - March 20**

You may have to react to a series of minor crises today. Most of them are of your own making.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Classy car
4. Sofa-turned-bed
9. Story with morals
14. Ms. Remick
15. Way to serve a deli sandwich: 2 wds.
16. Be of service
17. Compass dir.
18. Stephen Harper in 2011 ...and again in 2015?: wd. + acr.
20. St. \_\_\_ Basilica, in Charlottetown
22. Unorthodox belief
23. "Hey, there..."
24. Rock's covering
25. Bury
28. Sci-Fi play
29. Samson's biblical hideaway, Rock of \_\_\_
33. Polynesian language
34. Old labour camp of Russia
36. Lettered sun ray
37. Everest enthusiast: 2 wds.
40. Early hrs.
41. "Have a Little Faith in Me" singer John
42. Room and \_\_\_
43. \_\_\_ and exercise
45. Alphabetic trio
46. Skating great Ms. Yamaguchi
47. Belinda Carlisle's "\_\_\_ Weak"
49. Gotchas!
50. That landing craft on Comet 67P
53. Drink known for its 'chocolatey' malt



### Down

1. Discharged some
2. Bill of fare
3. Imagine, archaically
4. Slave River town in the Northwest Territories near the Alberta border: 2 wds.
5. Anxiety
6. University in Peterborough, ON
7. Belonging to Pop-eye's beloved Olive
8. Wedding announcement word
9. Fortunes
10. Disinclined
11. Beseched
12. Go-Go's: "Our \_\_\_ Are Sealed"
13. Like certain trees
19. Like music meant for an ensemble to sing
21. Reject
24. Swindle
25. Irate one's declaration: 2 wds.
26. The Beauty Myth author Ms. Wolf
27. Type of abode
28. "\_\_\_ You" by Bryan Adams
30. Band instruments
31. Deflect
32. Tuesday: French
34. Huge
35. 'Rock of...' or 'Strait of...'
38. Musician Ms. Mann's
39. "Push" band from Vancouver
44. Leaning
46. The face of the Great Sphinx is believed to be in this Pharaoh's likeness, variantly
48. Certain Celts
49. Airplane: French
50. Drummer/singer Mr. Collins
51. Sharpen skills
52. Fancy suffix to 'Art'
53. Today, in Rome
54. Borderline
55. Cairo's river
56. Me-me-me's
58. Down

## Yesterday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

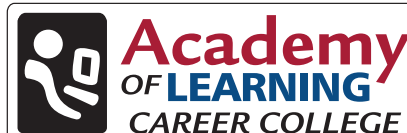
## Yesterday's Sudoku



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Skilled Workers are in Demand!  
**It's time to get into college**

HEALTHCARE • BUSINESS • TECHNOLOGY • LEGAL • ACCOUNTING



[www.academyoflearning.ab.ca](http://www.academyoflearning.ab.ca)

**Career training that works for Alberta's booming economy.**

Financial Assistance available to qualified applicants.

**CENTRAL** (780) 424-1144 **SOUTH** (780) 433-7284 **WEST** (780) 396-9428



# HUDSON'S BAY

## THE FUR SALON 25% – 50% OFF SELECT FURS

*On now through December 24, 2014*

Hudson's Bay  
Second Floor  
Edmonton City Centre  
780-426-1343

Hudson's Bay  
Second Floor  
Edmonton Southgate Centre  
780-408-3385

*Save with 0% interest for 6 months*  
on select merchandise when you use  
your Hudson's Bay MasterCard® or  
Hudson's Bay Credit Card.

Minimum purchase \$200 (excluding delivery charges and taxes). Taxes are payable up front. On approved credit only. Minimum monthly payment required. See below for details.



Special Payment Plans are available on approved credit with your Hudson's Bay MasterCard or Hudson's Bay Credit Card on the identified items. If you default under your payment terms or under your Hudson's Bay Account Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details, call 1-800-263-2599 or see a store associate. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. Credit is extended by Capital One Bank (Canada Branch). Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.

# LEDUC CHRYSLER

Since 1952

## DODGE // Jeep RAM

Your **"NO HASSLES - NO NONSENSE"** Low Overhead Dealer

No administration/documentation fees on cash sales! Factory MSRP labels displayed on all vehicles

# \$500 HOLIDAY & NO PAYMENTS

BONUS CASH FOR 90 DAYS

**2015  
JOURNEY  
CVP**

#F023.  
2.4L, 37MPG, 4.3 TOUCH  
SCREEN, DUAL ZONE A/C,  
KEYLESS ENTER 'N GO



**37 MPG**

save  
\$2,295

**\$19,995**

**\$114<sub>BW</sub>**

**2015  
CHRYSLER  
200 LX**

#F004.  
KEYLESS ENTER AND GO,  
ACTIVE GRILL SHUTTERS,  
LED TAIL LAMPS



**44 MPG**

save  
\$3,292

**\$20,998**

**\$118<sub>BW</sub>**

**2014  
JEEP  
CHEROKEE  
SPORT**

#E1087.  
HANDS FREE BLUETOOTH, KEYLESS ENTRY,  
10 AIRBAGS, 2.4L I-4 TIGERSHARK



**44 MPG**

**\$24,998**

**\$138<sub>BW</sub>**

**2014  
RAM 1500  
SPORT  
REG CAB  
4x4**

#E1203.  
5.7L HEMI, 395HP, REMOTE START, LEATHER, REAR BACKUP  
CAMERA, NAVIGATION, HEATED SEATS AND STEERING WHEEL



save  
\$15,160

**\$34,995**

**\$198<sub>BW</sub>**

**2014  
RAM 1500  
SXT QUAD  
CAB  
4x4**

#E1228.  
3.6L PENTASTAR, 305HP, FOG LIGHTS, BLUETOOTH,  
SXT GROUP, HEATED TRAILER, TOW MIRRORS



save  
\$12,085

**\$30,495**

**\$173<sub>BW</sub>**

**2014  
GRAND  
CARAVAN  
CVP**

#E862.  
3.6L PENTASTAR  
283HP, KEYLESS ENTRY, DUAL ZONE TEMPERATURE  
CONTROLS, SLIDING DOOR ALERT WARNING



**3.6L  
PENTASTAR**

save  
\$9,338

**\$20,998**

**\$118<sub>BW</sub>**

**2014  
JEEP  
PATRIOT**

#E1030.  
STEERING WHEEL MOUNTED  
CRUISE CONTROL, ANTILOCK BRAKES



**43 MPG**

save  
\$3,695

**\$14,995**

**\$85<sub>BW</sub>**

**2014  
JEEP  
COMPASS  
4X2**

#E860.  
STEERING WHEEL MOUNTED CONTROLS,  
FOG LAMPS, ANTILOCK BRAKES



**43 MPG**

**\$16,995**

**\$103<sub>BW</sub>**



**CREDIT WOES?  
WE CAN HELP**



BIWEEKLY PAYMENTS QUOTED BASED ON 96 MONTH @ 3.99%. PRICE AND PAYMENTS ARE PLUS GST AND INCLUDE ALL APPLICABLE CONSUMER CASH AND BONUS CASH. VEHICLES MAY NOT BE AS SHOWN.  
BI WEEKLY PAYMENTS QUOTED BASED ON 96 MONTHS OF 118 BW FOR 2014 DODGE GRAND CARAVAN E862 TOTAL OBLIGATION \$24709.44, COST OF BORROWING \$3585.19

**LEDUCCHRYSLER.COM | 1-800-355-8933**

**6102 46A St., Leduc**

**SALESPERSON  
OF THE MONTH**



Brent Seabrook